



Food at Fresh Start

Perhaps the most important service that we provide at Fresh Start is in feeding the homeless and near homeless. We see between 40-70 people each day of the week, except Sunday and serve 1,000-1,500 meals per month. In many cases this might be the only meal our clients eat on a particular day. Our primary source of food comes to us from the generosity of the Kootenai Health. Each day we pick up leftover food from the cafeteria and then we bag the food and freeze most of it for later use. When the food is thawed and heated up in many crock pots, we are able to serve a fairly well balanced meal. This food is supplemented by a significant amount of both cooked and uncooked dishes prepared and donated by many wonderful volunteers. We receive anything from soups, casseroles and sandwiches to cookies, cakes, and all sorts of baked goods. We also receive some items from the food bank and, in turn, off load some of the items that we receive that we are unable to use, due to our limited food preparation space and appliances.

Coeur d'Alene is blessed with some caring grocery stores and restaurants who donate excess and left over goods to us. For example, our neighbor Jimmy's Down the Street gives us their delicious excess biscuits each day. We recently purchased gravy mix that will make 80 gallons of gravy. This allows us to serve a whole bunch of biscuits and gravy on our cold winter mornings. We also have several groups that come in on Saturday mornings and provide, cook and serve sumptuous breakfasts for our clients. One Saturday in October, a church group served over 130 breakfasts. This number got pretty high due to many of our clients having two to three servings. Even with the many generous donations we still spend a great deal of money on food and supplies. The good people at Doma Coffee bring about 15 pounds of coffee each week, but we still buy another 20 to 30 pounds a week. Oh yes, we also go through 25 to 30 pounds of sugar and a like amount of creamer each week as well. We purchase creamer 100 pounds at a time. We use over 1200 cups 8 oz. Styrofoam cups each week. We also buy large quantities of paper plates, paper bowls, plastic utensils, as well as many condiments, such as mustard, ketchup, margarine and the like. Needless to say this costs a great deal of money. Anything that you are able to donate to Fresh Start in the way of food or accessories will reduce out cash costs and will be greatly appreciated by those in need.

By: Lynn Tarbox, Vice President



Fresh Start

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Coeur d'Alene, ID 83814
208-667-9798

www.freshstart.org, freshstartcda@gmail.com

Open Mon-Sat, 7:30am to 12:00pm

President's Message

Our mission of helping the homeless and mentally challenged members of our community is succeeding. Would you like to help by donating that most precious of assets— your time? If you have the time but are not comfortable working one on one with our clients, other opportunities are available. We need members of the community to join our Board of Directors. Our monthly meetings only last an hour and provide the direction and oversight to keep Fresh Start operating smoothly. If you are interested or have any questions about joining the Board of Directors, please call me at (208) 818-3144.

President Bill Smith

Fresh Start Executive Director

Howard Martinson, MBA

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This is our most recent fundraiser that we had this year. Texas Road House was gracious enough to sponsor us this November, for their lunch fundraiser. The fundraiser consisted of a delicious lunch with a pulled pork sandwich, roll, cinnamon butter, corn, and coleslaw. This meal was for \$7 and we were given \$5 for each meal that was sold. Texas Road House served close to 180 people in two hours. Thank you so Much TRH!!! From left to right: Linda Riggs (Fresh Start volunteer), Howard Martinson (Executive Director), Annette Davis (Owner of TRH).

Warming Center

Winter Wonderland- Let It Snow , Let It Snow, Let It Snow, - Baby Its Cold Outside- Frosty the Snowman- all great Winter Holiday songs but not so great for our homeless population. Fresh Start operates a warming center that is open from 7:00 P.M. throughout the night whenever the temperature falls to 25 degrees or colder. We provide a warm, safe supervised place for our clients to get through another freezing night. At 7:30 A.M. we officially open each day providing hot meals, warmth, warm clothing and whatever other necessities are required on cold winter days. Already this fall--- Fall??? We have been open 12 nights through Thanksgiving, serving up to 30 people per night. Last year we were open for 41 nights all winter! If this winter turns out to be as server as forecasted, we will be open many more nights since last year. Although we have received grants explicitly for use for the warming center, we are on track to greatly exceed the expenses that we have budgeted. Utilities, supplies and labor costs go up significantly when we are open at night. Even when the temperature remains above 25 degrees we find a great number of folks lined up at our door long before we open waiting to get in and out of the cold. Winter is our busiest time of year and the colder it gets, the busier we get. Please help those less fortunate than many of us this winter by donating excess clothing, food and, of course, cash donations that help us offset our costs.

Warm Clothes

Help!! This winter is causing us to go through our warm clothing inventory very quickly. Last year we gave away over 200 sleeping bags, numerous blankets, and tents. Our major need is for warm clothing, socks, boots, gloves, and hats. Why not go through your closets and donate all the stuff that are not going to wear again? Remember your donations are tax deductible.

Thank-You, Thank-You, Thank-You!

Doma Coffee— We appreciate the continuing donation of the yummy coffee. Without these donations, we would not be able to serve over 1,100 cups of coffee per month.

Kootenai Health— Thank you for the donations of food. Because of your generous donations, we are able to serve close to 1,200 meals per month.

Donors— Thank you to our amazing donors! We do not receive any state or federal funding, so we depend on your gracious donations.

Steve Bell— Thank Steve for putting on another homeless campout. Because of this campout, it was able to provide us with over 50 bags of donations.

Cheryl Metcalf— Thank you to you and your crew for providing another delicious Thanksgiving meal.

Volunteers: Thank you to those who donate their time to Fresh Start. We really appreciate your support.

Albertson's— Thank you for donating six huge delicious Thanksgiving meals to our clients!

Jimmy's Down the Street— Thank you for supply us with your delectable biscuits. We use them to serve warm biscuits and gravy on cold winter days.

Heritage Health Homeless outreach program and mobile medical clinic.

Heritage Health (Formally FKA Dirne Clinic) is a community Health Center in Coeur d' Alene. Heritage health provides quality health care to all of the people of the area. Particular emphasis of the community Health Center is to provide the same quality health care to the underserved population of the area including homeless, uninsured, and under insured. Part of the mission of the community Health Center is to provide mobile medical services to the homeless population of the area. Mobile medical services are provided via a mobile medical clinic that is in operation on Mondays and Thursdays. The purpose of the mobile medical clinic is to provide medical outreach to those in the community that may be homeless, are unable to get to the Health Center, or have never been introduced to the Health Center. The mobile clinic provides medical care at the St. Vincent de Paul Help Center, Fresh Start homeless shelter, as well as making rounds throughout the city taking medicine to the people. The mobile clinic provides initial evaluation and management of illness and injury. We also evaluate patient's safety, welfare, level of housing, and availability of food and shelter. The clinic works as a triage facility to initiate care and to facilitate the client's future treatment at the community Health Center. The mobile medical clinic is staffed with a community outreach worker, medical assistant, and physician assistant. The mission of the Homeless program and the mobile medical clinic is to truly take medicine and health care to the people of the community. We look forward to continuing to provide quality health care to the homeless population of the area, and to expanding and improving this program to best serve the people of Kootenai county and Idaho.

T.J. Byrne, Physician Assistant , Director Homeless outreach program and mobile medical services

Heritage Health Center.



TJ Byrne Driving the Medical Bus

Fresh Start's Needs List

Supplies that we use and need every day:

- ✦ Men's and Women's clothes, socks, and underwear
- ✦ Shampoo, conditioner, toothpaste, toothbrushes, razors, shave cream, deodorant, feminine hygiene products
- ✦ TP, paper towels, plates, bowls, napkins, Styrofoam cups, plastic forks, and spoons
- ✦ Coffee, sugar, creamer, and hot chocolate
- ✦ Powdered laundry detergent, Pine-sol, hand sanitizer, dish soap
- ✦ Tents, sleeping bags, tarps

ATTN: DONORS

Once again, thanks so very much for your past cash contributions. Your generosity is what makes Fresh Start continue as a viable operation.

You should have received a receipt or a Thank You note from us that may be used to acknowledge your gift. We are a 501 (3) (c) organization and as such your contribution of money, food, or clothing is tax deductible. Should you not have received a receipt and wish on, please call us at (208) 667-9798 and we will see that one is mailed to you.

Thanks again,

Fresh Start Staff

Coeur d'Alene Fire Department

Alliance with Fresh Start

The Coeur d'Alene Fire Department has a vested interest in assisting area agencies in finding safe alternative warming accommodations for the homeless in the winter months. Every year, in communities across the U.S., the homeless population struggle to keep warm in the winter months. In order to just survive, many resort to keeping warm and cooking food with open flames or campfires. Of the homeless, we see a large number that are mentally ill and/or people with addictions and these are the people who accidentally start fires in vacant buildings, empty rooms, basements out-of-sight and are sometimes not able or not willing to report that a fire has escaped their control. The results can range from severe damage and loss of property to civilian/firefighter injuries and death. In November of 2007, our opinion on the warming center concept in the City of Coeur d'Alene was requested by Fresh Start. The fire department was in support of the concept, however, fire department approval would be contingent on maintaining very strict fire code requirements including the enforcement of maximum occupancy loads, installing and testing of smoke detectors and fire extinguishers, providing adequate number and size of exits and maintaining their pathways, preparing emergency procedures policy and conducting evacuation drills. The warming center concept was approved as long as the warming center did not offer individual rooms, beds, or cots for permanent or temporary sleeping arrangements AND the centers maintained a fire watch or responsible standby personnel to fill this requirement. The fire watch is defined in the fire code as follows: Fire Watch, is a temporary measure intended to ensure continuous and systematic surveillance of a building or portion thereof by one or more qualified individuals for the purposes of preventing or controlling fire hazards, detecting early signs of fire, raising an alarm of fire, evacuating the building and notifying the fire department. The fire department was then asked to inspect potential warming center locations available to Fresh Start, evaluate and compare options and prepare a report listing fire department recommendations and fire code options to achieve the highest level of fire safety for the property and occupants. The fire department prepared a staff report and has since been involved with Fresh Start and all other civic organizations to maintain safe warming centers for those in need. While other organizations have tried to sustain a warming center status, only the Fresh Start warming center has been able to maintain their fire code inspection approval from the Coeur d'Alene Fire Department.

Glenn Lauper, Deputy Chief

Coeur d'Alene Fire Department



1524 E Sherman Avenue
Coeur d'Alene, ID 83814

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