



Building Futures...Changing Lives

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Santa Fe, NM 87505

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Building Futures...Changing Lives

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Home at St. E's

Summer 2008

When It Rains It Pours

For six weeks in early 2006, from February through April, the skies opened up over Hawaii. Storms and unrelenting rain washed away hillsides, flooded sewer systems, fouled beaches and ruined vacations for thousands of tourists. But for former Santa Fean Rene Lopez, the rains almost cost him his life.

Rene had moved to Honolulu three years earlier to work as a sushi chef for Norwegian Cruise Lines. For most of the year he was at sea, working seven-day cruises that took visitors from island to island. When ashore, he lived in an apartment near the ocean.

Walking home during a particularly stormy day, tragedy struck. While trying to cross a flooded street, a wave crashed over the nearby seawall, swept him off his feet and slammed him into a building. Eighteen days later, he woke up in a hospital.

"I had been in a coma and had no idea what happened," he recalls. "My face was smashed, my skull was crushed, all my teeth were knocked out and my back had been seriously injured. I was in bad shape."

Rene had suffered a traumatic brain injury (TBI) and remained in the hospital for nearly three months to recover and receive intense physical therapy for the neurological damage. No longer able to live by himself, he was sent by his doctor back to Santa Fe to be near his

family. But after a year living in his son's crowded house, he decided he was too much a burden to him and his family and moved out.



Rene Lopez and Shea Goodluck-Barnes, Casa Cerrillos program manager and counselor.

Rene was exhibiting problems with his memory, thought processing and judgment," she says. "I knew about St. Elizabeth's Casa Cerrillos

Supportive Living Program for homeless adults with disabilities and thought the structured environment would be good for him. We went over together for an interview, he liked the place and the staff, so I helped him with the application and other needed paperwork."

So far it's been a good match.

"Rene really fits the services we provide," says Shea Goodluck-Barnes, LADAC, Casa Cerrillos program manager and counselor. "He wants to

"It was the first time in my life that I wasn't working every day and I felt too dependent on others," Rene says about his choice to leave.

Living on his own, Rene's \$670 monthly disability check didn't go very far, and he soon found himself living on the streets. After a few months, his son helped him move into the Warren Inn, an extended-stay motel. However, its overall noise and commotion proved very distracting, and it proved a difficult situation for concentrating on his rehabilitation and recovery.

After missing several healthcare appointments at the Santa Fe Community Guidance Center, its staff contacted Sara Kelly, a life-skills coach and advocate for TBI patients, to work with him.

"Like many others who have suffered a traumatic brain injury,

regain his independence and has worked with us to establish goals, take the initiative to achieve them, and follow through on the advice and suggestions we offer. We're just providing him a safe and secure place to live, along with whatever support he needs, until he's able to regain control of his life."

Sara continues to work with Rene, teaching him compensatory strategies to adjust to (Cont'd on page 5)

Summer Wish List

Please call us at 982-6611 or bring the smaller items to St. Elizabeth at 804 Alarid Street.

PERSONAL HYGIENE: Shaving cream, disposable razors, toothbrushes, toothpaste, shampoo, band aids, sun screen, alka-seltzer, pepto-bismol®.

FOOD: Milk, juice, eggs, fresh fruits, bottled water, cheese, ground beef, chicken, pork, ham, turkey, roasts.

VOLUNTEERS: Handyman for repairs, front-desk receptionists for 4- to 8-hour blocks of time on weekends and evenings, cooks for dinner.

LARGER ITEMS: Portable shed, extension ladder, painting tools, fencing materials, window screening. For these items, please call Casa Cerrillos at 471-3456 to discuss their current needs before bringing them to the facility at 3811½ Cerrillos Road.

OTHER: Phone cards to connect guests with family members, bath and kitchen towels, baseball caps, rain ponchos, men's jackets, blankets, used carpentry or landscaping tools (tool belts, hammers, levels, tape measures, shovels, rakes, etc.) to assist clients in finding employment.



Winona Nava (left), president of Guadalupe Credit Union, and members of its Board of Directors present a \$2,000 contribution to Neal Windham (center holding check), program manager at St. Elizabeth's Sonrisa Family Housing Program, and Deborah Tang (next right) to support the shelter's work with homeless families with children. The presentation also celebrated the opening of Guadalupe's newest branch in the Albertson's at DeVargas Mall.

INSIDE

- 2 Director's Corner
- 3 Come and Get It!
- 4 We Love Our Donors!
- 6 Summer Wish List



Building Futures...Changing Lives

~ Mission ~

To help the homeless lead more productive, stable, and satisfying lives.

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ST. ELIZABETH SHELTER

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Santa Fe, NM 87505
505-982-6611
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Director's Corner

One of the reasons that the needs of the homeless go mostly unnoticed, in our community and nationwide, is because many politicians believe homeless individuals do not vote and will not lobby for their interests. Another is that politicians often think that there are more voters who oppose funding for homeless individuals and families than those who

think it's necessary to provide a safety net for everyone in our community if and when things fall apart.

Granted, it's hard to register to vote and then actually go to the polls on Election Day when your whole world has been turned upside down by the experience of homelessness. But St. Elizabeth is committed to helping people continue to advocate for their own interests. Our Siringo Senior Transitional Housing Program, made up of formerly homeless seniors aged 55 and older, took up this cause and began registering homeless voters in January of 2008. Due to their efforts, more than 1,000 voters now are registered with their mailing address either at the main shelter or at one of our transitional housing units. Additionally, we're working with the Mayor and the City Council to provide free bus rides on voting day so everyone, including homeless voters, can get to their polling places.

In addition, the faith community has begun calling city councilors to remind them that they are their constituents and that they want expanded services for our homeless community. If you would like to join this effort, it's an easy call to make and would be appreciated. To find your councilors' phone number, just go to the city's web site, navigate to the City Council page and click on their name. If enough of you call and the homeless community does turn out to vote, our legislators will know that they have a large enough constituency watching them and wanting some positive changes to be made to which they must respond.

Deborah Tang
Executive Director



Mayor David Coss was keynote speaker at a June 3rd luncheon hosted by St. Elizabeth to better inform the local business community about our current programs and future plans.



Donors continued

THANKS TO OUR FAITHFUL CHEFS

American Business Women's Assoc.	Jacqueline Hazzard & Diane Tintor	Rotary Club of Santa Fe del Sur
Amma Center	Rudy Hunziker	Bud Ryan & Friends
Johnny Baca	Interfaith Cooking Group	St. Bede's Episcopal Church
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- Red & Stella Gonzales
- Frank Gurule
- Eileen Janus
- Bob Pearson
- Jonas Snyder
- Carol Stanke
- Julian R. Trujillo

When It Rains... from page 1

his current limitations as he seeks to recover his skills and independence. She helps him get to his medical appointments, makes sure he understands everything his doctors say and connects him with other community resources that can help his recovery.

At the moment, Rene is working on obtaining his GED degree and plans to attend Santa Fe Community College in the fall for courses in its Culinary Arts Department. His goal is to work

in a restaurant again, preferably as head chef.

"You don't have much defense against a natural disaster like the giant wave that hit me," Rene says. "It's something that can happen to anyone and if it does, it's good to know that there are wonderful people out there ready to help, like everyone at Casa Cerrillos and my brain buddy, Sara. Thanks to them, I'm recovering my health step by step."

A+

A+ This is the grade that the night Winter 07-08 staff gets at the hypothermia center; A+ is specifically for social control. A+? Yes, it is hard to document perpetual perfect social control -yada, yada, yada, yada, ad nauseam; Unlike negative incidents that can be enumerated with tantalizing examples, in general the staff acted immediately when any situation needed attention. The proverbial "nipping in the bud" policy was applied to perfection. The staff was clear, firm, and certain. They asserted their authority maximally without ever going over the line into despotism. One staffer only weighed about a hundred and forty pounds but maintained control. bravo. Never did they physically challenge a guest. The few guest ruffians were dealt with appropriately. The staff was always in control, not like the thug guests (equal opportunity thug-ism did occur) in past winters. Because of this now-staff control the guest population had a larger percentage of the hopeless-helpless-hapless faction. The gang-bangers were few and at times non-existent. A definite change for the better in the personalities of the hopeless-helpless-hapless faction could be seen. They moved around, sat and reclined in a more relaxed normal fashion; although never outgoing or assertive they now seemed contented - still loners but at ease. True philanthropy was happening.

The staff: every staff member presented with normal personalities. No where could the author sense underlying medicine induced shuffle syndrome. No where could the author sense latent gang-banger moral sentiments. If any of the staff had a history of the

A+ was the "grade" given to St. Elizabeth's Winter Overflow Shelter on this report card sent in by a frequent guest.

Thank You Donors!

The following individuals, businesses, foundations, organizations, and faith communities have made financial contributions and/or donated gifts-in-kind to St. Elizabeth between March 1, 2008, and July 31, 2008. If we have inadvertently left you out, please contact Anna Carvlin at 982-6611 so we can correct our records. Our thanks also to those who chose to give anonymously and to everyone who brought food, clothing, and supplies for guests.

Accent Fire Safety Assoc	Donald & Rosemary Du Bois	Anne Honstein	Susan Montez
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Resource Center Spoons Out Quality Cuisine

The best lunch in town just may be at St. Elizabeth Shelter. There are a few caveats though – it's served only on Mondays and Fridays, the menu changes hourly, service is buffet style and reservations are not taken. But on the positive side, it's all you can eat, no one is turned away and the price is free.

A bevy of recently retired professional chefs, along with some talented assistants, have joined longtime volunteer Rudy Hunziker in the shelter kitchen to put out some tasty items for the street homeless.

Most meals come with salad, fruit, meat and/or fowl, potatoes, vegetables, occasionally soup and always dessert. Seconds are encouraged. Besides the twice-weekly meals, the Resource Center provides free showers, laundry, personal hygiene supplies, phone, mail drop and case management services to all who come by.

"When I come in each morning, I never know what food is available or what the day's menu will be," says Tom Wright, one of the new chefs whose resume includes stints at the Galisteo Inn, Cloud Cliff, Paul's Restaurant and Chicago's Ritz Carlton. "That's what makes it challenging and interesting."

Marlon Guite, Resource Center manager, is usually the first to arrive. He checks the recent food donations and selects what to use that day. If there's not enough fresh and perishable items, he goes to the shelter's freezer to see what else may be available.

"He puts out a lot of stuff, and trusts us to make something of it," Rudy says. "We serve 100 meals a day, but it's more like 200 the way our guests eat."

Anne Baylor, who owned Dave's Not Here for 26 years, has been volunteering in the shelter kitchen since selling the restaurant several months ago. Before closing, her restaurant was known for its homemade *chile relleños*, chocolate cake and hamburger, which was voted best in town by the *Santa Fe Reporter*.

"I love to cook and I love to improvise," she says, "so working here is a real delight. We try to use everything that comes through the kitchen and make sure it turns out delicious. For instance, today I made bread pudding from the leftover French toast from breakfast."

Marc Black is another chef with years of experience, having cooked in Denver, Virginia and Maine before moving to Santa Fe and turns in the kitchen at the Compound, Shoko Café and Zia Diner, among others. Now he prepares food for the deli at La Montanita Co-Op.

"It's so enjoyable working here, I only wish I could come more often," he says.

Others in the cast include Gilles Cahn, a

Frenchman from New York, Dan Rusthoi, a recently retired physicist from Los Alamos National Laboratory who honed his kitchen skills raising three daughters, Amy Hancock and Chip Conway, who still works part-time in a Madrid gallery.

"It's very rewarding working here," Chip says. "Marlon gives good direction, but not directions, and we put out some great food for the guests."

Maria Lopez, Emergency Shelter program director, has been at St. Elizabeth for 18 years and cannot recall ever having such frontline talent in the kitchen on a regular basis.

"We are so fortunate to have such great volunteers, and it's gratifying to know that our guests are receiving tasty and nutritious meals at least twice a week," she says.

For the chefs, putting their skills to good use is equally satisfying.

"I feel it's a real privilege to cook here," Anne says. "The clientele is so appreciative and they never send anything back."

If you would be interested in volunteering at the Resource Center, call Maria Lopez at 982-6611.

Along with its top-notch meals, the Resource Center is now offering some other new services. On Fridays, one volunteer gives hair cuts, another offers manicures and a third provides massages – a mini-spa right here at St. E's!



It's all action all the time as kitchen volunteers Dan Rusthoi, Tom Wright, Rudy Hunziker and Anne Baylor (left to right) prepare some roasts for lunch.