

FEDERAL WAY COMMUNITY CAREGIVING NETWORK

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FEDERAL WAY COMMUNITY CAREGIVING NETWORK



VOLUME VIII, ISSUE 1

SEPTEMBER 2018

Join us at the Federal Way Community Caregiving Network's 19th Annual

Friday
October 12th 2018
5:30 - 8:00PM



Fundraiser dinner with soup provided by local restaurants, to support our mission of helping families stay in their homes, stave off hunger and provide some of the necessities that most people take for granted.

Christian Faith Center

33645 20th Ave. S | Federal Way

\$30 per person or Reserve a table of 8 for \$250

To purchase tickets and for more information visit www.fwccn.org



Special thanks to our "Champion" Level sponsor

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FEDERAL WAY
COMMUNITY
CAREGIVING
NETWORK



Help us go *GREEN!* Sign up to receive this newsletter by email.
Send your email address to: jsdovey@windermere.com

12,000 MEALS are SERVED ANNUALLY through The Federal Way Community Caregiving Network's THREE FREE WEEKLY COMMUNITY MEALS

Every week in the Federal Way community our neighbors in need can find a welcoming full course meal served at the following locations, provided through the work of the Federal Way Community Caregiving Network, who have been providing these meals for over 30 years:

Monday night – 5:30 - 6:30 p.m.
Christian Faith Center 33645 20th Ave. S.

This meal was served at the Steel Lake Presbyterian Church since the FWCCN was formed in 1988 until the recent sale of the Steel Lake Church. FWCCN is grateful to the Christian Faith Center for providing space to assure this Monday night meal could continue in our community.

Coordinator: **Hope Elder** 253-941-7939

Thursday night – 5-6 p.m.
Calvary Lutheran Church, 2415 S. 320th

Calvary Lutheran has been the location of a Thursday night meal since the beginning – over 30 years of serving meals, including Thanksgiving meal every year.

Coordinator: **Betty Huff** 253-350-0475

Saturday afternoon – 1:30 - 2:30 p.m.
Church of the Good Shepherd, 345 S. 312th

Started in 2004, this meal is provided by the FWCCN in collaboration with the Church of the Good Shepherd and St. Vincent de Paul.

Coordinator: **Jackie Blair** 253-952-6988

The meals are available to all with no restrictions.

At each meal there is also a table for **Supper Outreach Services** (SOS) providing such items as clothing, blankets, and hygiene products to our weekly guests.

The FWCCN and volunteers also provide a free laundry service to those in need on the last Wednesday of the month at the **Dash Point Laundry**.

Contact: **Hope Elder** 253-941-7939

Providing these meals weekly takes a lot of coordination, work, commitment, donations, and love of service. We're proud to share some of the reasons these meals are able to continue:

- Over 100 dedicated volunteers from throughout the community work at the meals performing set-up, cooking, food preparation, serving, purchasing products, clean-up, and more. The meals are organized in a team approach across four weeks, so that time commitments are scalable. Volunteer time might be as little as 1 day each month.
- Financial support from several community area churches, service organizations, and individual contributors.
- Food and staples provided by **Food Lifeline**.
- Fresh organic vegetable and fruits provided by the community gardens located at **Truman Community Garden** and the **Federal Way Senior Center**. The Federal Way Community Garden Foundation is now a part of the FWCCN.
- **Federal Way Farmers Market** vendors provide additional varied fruits and vegetables.
- **AAA** regularly donates hygiene products to the SOS program at the Thursday night meal through their Soap For Hope Program.
- Food and SOS donations by many volunteers and community businesses.
(All food donations must be commercially prepared at a business location or in the Community kitchens due to Health Department rules/regulations.)

FWCCN extends our gratitude for the generous contributions of these donors during 2018

Episcopal Church of the Good Shepherd	Mahrt & Associates, PLLC
Marine View Presbyterian Church	Mart and Suzy Petrich
St. Theresa's Catholic Church	Windermere Foundation
St. Vincent de Paul Catholic Church	City of Federal Way
Family Life Christian Church	Dr. Jim and Jeanne Burbidge
Washington State Employees Credit Union	Village Green Retirement Center
Women's Club of Federal Way	Multi-Service Center
Kiwanis - Greater Federal Way - Noon Club	Laurus Financial

At fwccn.org you can learn more

- ...about **Community Meals**
- ...about **Emergency Services**
- ...about **Supper Outreach Services**
- ...about the **Laundry Program**
- ...about **Federal Way Community Gardens**
- ...about the **Souper Suppers**
- ...and how you can **help the FWCCN just by shopping at your favorite stores!**

FWCCN Mission: Giving Hope – Improving Lives

by Ann Kaiser

Over a year ago I became involved in a project to interview homeless people in Federal Way. My friend, Donna, recruited me for this mission. The interviews take place on Thursday morning during the Sack Lunch program at Calvary Lutheran Church in Federal Way. Donna is an active member at Calvary and has been involved with both their Sack Lunch program and the Thursday evening community supper. As a result, she is familiar with many of the homeless who take advantage of these programs. She also knows a fellow who serves as a liaison between the homeless and the regular community. He was essential in setting up the process and recommending people to interview who would be representative of multi-faceted homeless situations.

We found that with just a few people sitting at a round table and chatting, we had shaped a “coffee shop” environment that created a relaxed, non-threatening setting for conversation. Even if some of our interviewees were nervous or shy to start, they warmed up and discussed their situations and challenges.

Looking back on the interviews, I see many commonalities that contribute to the problem of homelessness. For example, ninety-

five percent of the people I have interviewed are men. Many of these men are homeless and disabled because they were injured in a construction accident. According to the Bureau of Labor Statistics, construction workers between 25 and 34 years old are most likely to be hurt in a construction accident. Each year in America there are nearly 150,000 construction site accident injuries. Depending on the severity of the injury many of them are disabled and can't return to their jobs. Another common disability among this particular group is arthritis. Our cold, damp Northwest climate can be sheer pain for anybody suffering from this affliction.

Another commonality is unstable and often violent childhood homes, so many are on the streets as early as 13. One man told me, “There was just too much drama at home.”

The drastic increase in moderately priced housing shoved many to the street. As did the collapse of the mortgage industry and the countless foreclosures that cost so many their homes and ruined their credit ratings.

Mental illness is common among this population. I talked to at least three people who told me they had been diagnosed with schizophrenia. Unfortunately, they couldn't afford needed medicines to manage symptoms. Anger issues are prevalent, as are chemical imbalances and PTSD.

Probably half admitted to serving time in jail for anything from

drug offenses, domestic violence, to drunk driving or assault. A few have current outstanding warrants in other states.

Drug and alcohol abuse are common, and although many say they want to stop, living on the streets is so horrendous that they depend on this to take off the edge. That edge can consist of often being robbed of identification and then trying to get new I.D. without any basic documents. Another big issue is sleep deprivation. Outside of the shelters there is no safe place to sleep. Even those camping in the woods can find themselves awoken by the police or by robbers.

Everyone I have interviewed at one time held down a job. Among those jobs are construction worker, professional chef, commercial fishing, longshoreman, working on oil wells, hot tar roofer, fast food workers, and some have owned their own business.

Not everyone we talk to is homeless. There are those who were homeless and now have a place to live. They have not forgotten their friends who are still on the street and stay in touch with them. There are also people, such as a retired couple, who like to keep busy and help at various community suppers. They show up early and help set up the room. At New Hope they help clean the showers after they are used. They know



many of those on the street by name. This couple often attends the Friday morning prayer breakfast for the homeless at Denny's. They let the group know who is sick, injured, in the hospital, etc., and the gathered group prays for them. There are several such unsung heroes to the homeless.

Regardless of their hardships, I have seen faith and optimism in so many of the homeless people I have interviewed. Some have said their homeless experience matured them, made them thankful for small blessings and the realization of what was really important in life.

I find the people interesting and glad to have somebody listen to them and want to hear their story. At least for half an hour or so they are treated with respect and not merely asked to “move along.”



**P.O. Box 4717
Auburn, WA 98063**

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Volunteering & Making a Donation

The Federal Way Community Caregiving Network is an all-volunteer, registered 501(c)3 non-profit corporation. All donations are tax deductible, and when you donate you are doing a great service to those in need in our community.

93% of revenue is spent on direct services.

There is a need for volunteers in the areas of Emergency Services, Community Suppers, SOS (Supper Outreach Services), grant writing, and organizing.

If you are interested in becoming a volunteer or would like more information about the FWCCN, call **Doug Johnson** at 253-670-5944.

PLEASE SEND YOUR DONATION TO:

**Federal Way Community Caregiving Network
P.O. Box 4717
Federal Way, WA 98063**

**Our Tax ID number is 94-3105476*

Check out our website at fwccn.org for donation opportunities.