It was January of 2017 when I tripped and fell in front of my apartment. I didn’t remember anything until I woke up from surgery in a hospital bed. They told me if I had bled for two minutes longer, I would not have survived.

I needed to relearn how to walk and talk, so I was sent to a physical rehab center after being discharged from the hospital. This meant I had to give up my apartment. After I left rehab, I spent all my money on hotels to avoid shelters because I was scared of them. My money lasted for two weeks. I eventually did end up in a shelter because I had nowhere else to go.

Someone told me to go to Elizabeth Gregory Home during the day because it was calming. I get anxiety when I go to other day shelters. But I loved EGH right away. To see reclining chairs—that was a novelty. No one is yelling, including staff, because they don’t have to. They’re the nicest people I’ve ever met. They don’t put up with disrespect. Everyone at EGH has helped me.

Michele, who’s on staff at EGH, says that being homeless was the hardest job she ever had because it was 24 hours a day. I don’t have enough words, there are not enough words in the English language or any other language, to describe what being homeless is like. It is the hardest job next to maybe being in a concentration camp. I complain a lot more about being homeless than my mother ever did about being in a concentration camp during the Holocaust.

At EGH, people feel cared for. A lot of us volunteer because we like it so much. As far as services go at EGH, I use all of them. It’s the only place I eat because I know who is cooking. And Valerie gives me leftovers to take with me to eat later, because she knows I won’t eat at other shelters.

It’s been a long road since that accident in 2017. Several months ago, I reached out to the Jewish Federation for seniors. After working with them for a few months, I found out that I was eligible for assisted living. I was just offered my own room at a facility on Queen Anne. While it’s true a girl never tells you her age, I will tell you that I’m over 70 and too old to be getting up and down off a mat on the floor. EGH staff are helping me get furniture for my new room.

I hope to live as long as I can and be as happy as I can be. I have reached many goals in my life, but it is not over yet. I have traveled so much in the past that now I want to live a quiet life. I might want to work again so I can make money and have something to do. I will say this, though: even after I move into my apartment, I’ll be coming back to EGH. I love the people!

More than 10% of our clients are over 60 years old.
Let the Summer Spirit Soar!

Despite the heat of the recent seemingly endless days of sunshine, the light and abundance of foliage certainly lifts the spirits of all at EGH. But there are additional elements that kindle a hopeful spirit these days.

New staff member(s)! We welcomed Helene McOwen as our full-time Day Center Coordinator in June. She brings a public health educational background, but more importantly, a spirit of enthusiasm and willingness to offer essential—and often exceptional!—cuisine. Her optimism and welcoming ways are deeply appreciated by all.

I put the (s) after “staff member”, because Valerie Smith shifted her former role as Day Center Coordinator into a position that still lacks a clearly defined title because of the many hats she now wears. These “hats” include guiding Helene in the kitchen, conducting client intakes, facilitating monthly meetings with residents at our transitional house, supporting general operations throughout the Day Center, and leveraging her gifts as an ordained minister by serving as an individual mentor as well as group facilitator. Which leads to...

New Program! Valerie has developed a bi-monthly curriculum entitled, “Your Everyday Spirituality” (known by the acronym: YES!) The number of attendees is climbing and playful noises emanate from the classroom in the form of song, clackers, and the spinning beads from hula hoops. Curious? You are invited to come talk to Miss V. about her inspirational curriculum, which is designed to nurture the often overlooked essential need: the spirit.

Volunteers: New and Long-Term: EGH could not operate without the generous contribution of time and talent of our beloved volunteers. Jobs are diverse, but all of critical value, such as food delivery drivers, receptionists, instructors (i.e., knitting, computers, health education), RN’s, dentists, kitchen support staff, social workers, and those who serve in governance roles on our board of directors and advisory council. To all, from my heart: thank you! And if you’re reading this and want to learn about existing opportunities or suggest new offerings, please call!

As noted in the spring newsletter, we continue to plan for launching a sixth day of service at the Day Center later this year. Tune into our website and Facebook for updates.

Warmest Regards,
Ruth Herold
Executive Director

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Marie Norton-Olsen, Maintenance Manager
Valerie Smith, Program Facilitator
Elizabeth Stevenson, Development Manager

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EGH is a 501 (c) 3 nonprofit organization registered with Washington’s Secretary of State. Contributions to EGH are tax deductible to the extent permitted by law.
In 2017, Elizabeth Gregory Home’s Day Center served:

Since 2012, we have seen a **37%** increase in the number of women served (**615** in **2017**) and a **70%** increase in repeat visits (**10,541** in **2017**).

**12,848** meals were served in 2017.

**39,240** pounds of groceries were given to women to take with them.

**14,636** Bus tickets were distributed.

**2,702** showers were taken in 2017.

**1,276** loads of laundry were done in 2017.

For the past year and a half, Paige Chernow (L) and Mary Hillman (R) have been making weekly visits to assist clients with computer use. Paige is the Adult Services Librarian at the University Branch of the Seattle Public Library (located just a few blocks from EGH). Mary is a retired librarian who is an active volunteer and a member of University Lutheran Church, which is where the EGH Day Center is located.

“We help EGH clients search and apply for employment, create or recover their access to email and social media accounts, or simply find bus routes to local social service agencies,” said Paige. “We also provide referrals for health clinics, nonprofits that assist with furniture and household items and how to locate and apply for discounted cell phone providers.”

In addition to providing computer help, Paige and Mary try to build relationships with clients. “Just listening is sometimes the most important service we can offer,” said Mary.

Paige and Mary have also encouraged clients to go to the library for additional help and services. Paige has been able to waive fines on clients’ library accounts so that they can use their library cards again to check out materials. EGH clients who go to the University District branch have reported feeling more comfortable approaching library staff for assistance.
Thanks to you, we are able to provide hygiene and clothing items that women who rely on EGH’s Day Center need. Our top needs this quarter are:

- Backpacks
- Sports Bras
- Flip Flop Sandals
- SPF 15 Sunscreen
- African American Hair Care Products

Thank You!

Most Needed Items

Please Remember Elizabeth Gregory Home When Planning Your Estate

When reviewing your estate plans, please consider making a provision in your will for Elizabeth Gregory Home. Thank you!

For more information, please contact Elizabeth Stevenson (206) 729-0262 ext. 1006 or estevenson@eghseattle.org.

GO PAPERLESS

Email us at info@eghseattle.org and type “Go Paperless” in the subject line.

Employer Matching Gifts

You May Be Able to Double Your Gift to EGH Through an Employer Matching Gift

Many Seattle area employers match contributions made by their employees to nonprofit organizations. To learn if your company has a matching gift policy, please ask your HR representative. Below is a list of some Seattle companies that match gifts made to charities:

- Adobe Systems Inc.
- A T & T
- The Bill & Melinda Gates Fnd
- The Boeing Company
- Cambia Health Solutions
- Kaiser Permanente
- Hewlett-Packard
- Intel
- Microsoft Corporation
- PGE
- REI
- Safeco Corporation
- Starbucks
- Symantec
- T-Mobile
- U.S. Bancorp
- Starbucks
- Symantec
- T-Mobile
- U.S. Bancorp
- Wells Fargo
- Umpqua Bank

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