



CONNECTIONS

Elizabeth Gregory Home
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OUR WORK

As I reflect on the first half of 2023, I'm feeling great pride in the work that we do at EGH and the successes we celebrate every day. I feel so proud of our empathetic and loving staff team who show up with passion for their work every day. And I feel concern for the many systemic barriers and breakdowns that make life more difficult for the women we serve.

As you probably know, our community continues to struggle with a lack of affordable housing, shelter beds, and mental health services. We participate in advocacy groups to bring light to the issues that plague the unhoused community, we've increased our community partner network to bring more resources to the women we serve, and we've been successful in writing grants to increase our capacity to provide more services at our Day Center.

The first half of 2023 has included a pilot program providing access to a licensed Mental Health Counselor for the women we serve and the opening of our new Empowerment Space where we are hosting support groups, a new art area, clothing giveaway days, free haircuts, University District Street Medicine health providers, and money management classes.

We have spent a lot of time thinking about the future and started our Strategic Planning process which is focused on Mental Health, Housing, Enhanced Day Center Programming, and Capacity Building. We are grateful to the six stakeholder groups who provided helpful information through interviews and surveys, including the women we serve, staff, board members, volunteers, donors, and community partners. The final Strategic Plan will be shared with you all this Fall.

The second half of 2023 will be even more exciting as we complete the renovation of the Empowerment Space, welcome a new Health Navigator to our team, increase workshops and classes that are offered, add a rapid survey kiosk to evaluate our Day Center programming and meals, and evaluate the impact of our mental health program.

We are so grateful to have you all along our side during this exciting time at EGH. Your gifts of time, treasure, and support make this work possible, and we simply could not do it without you.

Thank you for being our partners in this work and our future.



With gratitude,

Ally Baehr, Executive Director

EMPOWERMENT SPACE IS OPEN!

We've repurposed our former kitchen area into an "Empowerment Space" for support groups, art, yoga, and workshops. Thank you to all who contributed to our remodel! Come see it in person at our July 12th Open House - learn more on page 4.

EMBRACING DIVERSITY

Whether its incorporating voice of those with lived experience in decision-making, celebrating holidays like Juneteenth with our clients, or participating in the Pride Parade, we continue to find ways to explore and incorporate diversity at EGH.

NAVIGATING HEALTHCARE

We are grateful to Pacific Hospital PDA for funding a new "Health Navigator" position beginning this summer. The Healthcare Navigator will help guests sort through bureaucracy, find resources, make doctor appointments, and assist with transportation.

Connections is published for friends and supporters of Elizabeth Gregory Home (EGH). It is made possible through donations.

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.

EGH PRIDE



On June 25th, Elizabeth Gregory Home marched in the Seattle PRIDE Parade. This event brought together our dedicated employees, compassionate volunteers, donors, and resilient clients, in a powerful display of unity, acceptance, and empowerment.

With Inclusion as one of our core values, we believe that every individual deserves dignity, respect, and support. By embracing LGBTQ+ women as an integral part of our community, we strive to create a safe and welcoming environment where everyone feels valued and included.

Marching in the Seattle Pride Parade provided an opportunity for our employees, volunteers, and clients to stand proudly together and showcase our commitment to championing the rights and voices of all marginalized individuals.

We extend our heartfelt gratitude to our volunteers, clients, staff, and donors who participated in the parade. Your enthusiasm and dedication made this event a resounding success.



To see more photos visit: www.eghseattle.org/2023-Pride-Pics

HEALING THROUGH ART



EGH client, Karen, using resources in the Art Nook.

Art offers numerous benefits to women at EGH, providing a source of healing, empowerment, and self-expression.

- Emotional expression: Art provides a safe and non-judgmental outlet for women to express their emotions.
- Empowerment and confidence-building: Engaging in art allows women to regain a sense of control. It provides a space where they can make choices, experiment, and create something meaningful.
- Therapeutic benefits: Engaging in creative activities can reduce stress, anxiety, and depression.



Madeleine Stolp

Madeleine Stolp is a student at Whitman College, double majoring in Sociology and Art. For her summer internship at EGH, she put together an Art Nook for our guests and creates art projects for them to complete.

DID YOU KNOW?

Elizabeth Gregory Home has provided services to **48% more women each day** in the first five months of this year compared to the same time period last year.

2022

2023

HAPPENINGS AT EGH

Our Day Center currently offers many activities for our clients:

- Weekly discussion groups facilitated by a licensed social worker
- Individual appointments with a mental health counselor
- Qi Gong class with physical therapy and master Qi Gong instructor
- Money management courses with a representative from WaFd Bank
- Medical Care from the UW University District Street Medicine team

CLIENT QUOTES

It's quiet, the staff are not judgmental, it's cozy and there are options that make it feel like a home.

When you are used to inequality, you become numb- but that's not the case here.

I love coming here because Michele Martin is here, she is like family. I love to mess with Andy, he is just so wonderful, the other Michelle tries to pair us with shelter, staff are helpful and accept us as we are.

VOLUNTEER SPOTLIGHT



Merle Harris has always been resourceful and thrifty, constantly on the lookout for a bargain while still desiring to present herself with confidence and style. She knows firsthand the importance of self-esteem, especially during challenging times. As a single mom, she worked tirelessly to provide for her family, making ends meet while never compromising on her appearance.

When Merle retired in 2021, she found herself looking to give back through volunteerism. A friend had been volunteering for Elizabeth Gregory Home (EGH), so she decided to give it a shot. Initially, Merle helped in the kitchen and with cleaning duties, until one day she was asked if she'd like to help organize EGH's donated clothing.

With her personal experience in finding affordable yet stylish clothing, Merle began organizing the weekly clothing give-away to not only provide practical resources but also foster a sense of community and support among the participants. Merle assists women in selecting outfits, providing styling tips, and instilling a sense of self-assurance. Her compassion and understanding resonates with those she helps.

Merle shared that she has many stories of the importance of clothing to EGH guests. *"A few months ago, a woman came to me needing clothing to wear to her sister's funeral. I knew it was important to this person to look presentable at the funeral, so I took great care at finding well-fitted clothes. She looked great, but in the end, she needed one last thing to complete her outfit. I found her a beautiful scarf and she was so very happy. I love helping women feel good about themselves and feel like they've been treated with dignity."*

A big thank-you to Merle and all our volunteers who selflessly donate their time, energy, and expertise to the women we serve.



CURRENT NEEDS



GIFT CARDS: At times, our clients are in immediate need of products that EGH does not have on hand - whether seeking an umbrella or hand warmers, a \$10 gift card to Target can save the day!

PRIORITY ITEMS: flip flop sandals (sizes 9-11), sunscreen, travel-sized shampoos & conditioners, leggings, Depends (disposable underwear), Poise pads, and backpacks

A full list of items can be viewed at www.eghseattle.org/donate-items. Donations may be dropped off at the EGH Day Center Sunday thru Friday 9am-4pm. If you would prefer to order items online and have them shipped directly to EGH, please have them delivered to Elizabeth Gregory Home attn: Michelle Wick 1604 NE 50th Street Seattle, WA 98105. For more information contact Michelle Wick at mwick@eghseattle.org.

OPEN HOUSE JULY 12



ELIZABETH GREGORY HOME



EGH DAY CENTER OPEN HOUSE

Wednesday July 12, 2023 • 4:30 PM to 6:30PM
1604 NE 50th Street Seattle, WA 98105

We invite you to drop by our Day Center anytime between 4:30pm to 6:30pm on Wednesday 7/12.

- See our facility
- Meet our staff
- Learn about our programs
- Enjoy refreshments!

Learn more at
www.eghseattle.org/_openhouse-2023



INVEST

in women
in our work
in our community



To make a gift, simply complete & return the enclosed envelope or scan the QR code → or visit www.eghseattle.org



With your gifts, we are able to provide a safe and welcoming space for women who are experiencing homelessness to receive the resources and support they need to rebuild their lives. Whether it's a hot meal, shower, or access to healthcare and mental health services, our Day Center offers a critical lifeline for those who might otherwise fall through the cracks.

There are many ways to give to the EGH Mission which you can learn about online at www.eghseattle.org/ways-to-give



UPDATE YOUR E-MAIL ADDRESS

Haven't received an e-mail from us for a while, but want to? Make sure we have your current e-mail address. Visit www.eghseattle.org/contact and complete the online form or simply e-mail mduncan@eghseattle.org with your new e-mail address.

