

February 2012



# REST

## REGIONAL EMERGENCY SHELTER TEAM NEWSLETTER

Welcome to our February REST e-newsletter. We would like to thank each and every one who let us know they liked hearing from REST in this format after our first effort went out in January. This month we're focusing on "the numbers" - where we are at the end of the first half of our season. Once again, we can't thank our volunteers enough for what you have given. We hope every one receiving this finds this newsletter filled with good information about our communities' homeless issues and what REST has been able to contribute in providing emergency shelter services.

### **REST: February Update**

#### ***Providing Emergency Shelter***

#### ***THE NUMBERS:***

We are now entering the second half of our winter shelter season and the region's unusual mild weather is continuing. Despite the unseasonable weather, the numbers of homeless families and women utilizing our emergency shelter is higher than last year. As of the end of January, REST has averaged 15.4 guests each night as compared to 13.4 guests served last year at this time. In total, 990 beds have been filled at the 10 REST host church shelters. Children have filled 47 of those beds, many of which were under four years of age.

So far this season, our volunteers have prepared over 1,100 hot meals. Excess meals have been contributed to Jim Leonard's River Bottom Luncheon Program. Light breakfasts

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#### **Volunteer Spotlight: *Lynn Jepsen***

Our February REST Volunteer Spotlight is on Lynn Jepsen. Born and raised in Lincoln, Nebraska, Lynn met her husband Steve while both were attending the University of Nebraska. Trained as a dental hygienist, Lynn has lived in Iowa and Colorado before settling in the Bay Area. Steve's career opportunities led the couple to Oceanside and then finally to Yuba City. In Lynn's words, "Yuba City is just Lincoln without the snow." Lynn and Steve were recently blessed with their first grandchild, a boy. Their grown children include a son residing in Southern California and a daughter in Tempe, Arizona.

have also been provided to all REST guests each morning.

#### ***SUCCESS STORIES AND CHALLENGES:***

We have been encouraged to see at least two large families placed in permanent housing. Other single women who have stayed with REST have also found a path to escape living on the street. But challenges still abound. We have frequently seen guests at REST this year that also used our shelter last winter. It is still heartbreaking to see families rely on REST as their only option in protecting their children from the elements. As a 100% volunteer staffed organization, God has used REST through its faithful workers to start establishing a shelter safety net for women and families in this region. However, for REST to move ahead and expand its season and services, our friends and acquaintances who reside in this community must leave the sidelines and join the team to further this effort.

Do you know such a person or persons? Please reach out to them and tell them about REST. Explain how they can get involved and contribute whatever time or resources that they can. Let's continue to grow REST so that next year our team will be even stronger.

#### ***Making a Difference, Working Together Providing Warmth - Nourishment - Compassion***

### **A Tip of the Hat to Our Drivers**

#### ***Providing Transportation to REST's Emergency Shelter 7 Days a Week***

Every evening since the weekend after Thanksgiving, two drivers shuttle our guests to the various hosting churches throughout our Yuba City-Marysville region for shelter. Early the next morning, another two drivers make the return trip to the Hands of Hope facility. Usually this involves multiple shuttles each evening and morning subject to the variety of Northern California winter weather conditions. REST would like to especially acknowledge the following volunteers for their faithful duty to

Being around Lynn is to observe energy in one of its purest forms. She has been involved in helping the homeless in several capacities. As a REST volunteer she acts as the Morning Portal (intake) Coordinator, responsible for providing guests with the opportunity for morning showers and a light breakfast. On many early mornings each week, Lynn will be at Hands of Hope opening the doors for guests.

Over the years, Lynn has been very involved with REST's close partner, Hands of Hope, and is now in charge of that agency's clothes closet. On any given day you can find Lynn looking for furniture for a recently housed family or finding clothes to donate. Lynn also played a significant role in organizing and hosting the highly successful REST Luau fundraiser.

Lynn's motivation stems from her strong desire to make a difference in the community. As a member of North Valley Calvary Chapel Church, Lynn expresses the many blessings that she receives in return for her efforts. "I was trained to clean teeth but now my role is to help by doing what is necessary

**this task:**

**Kim Aronowitz - Manuel Castro - Bill Comarsh  
Bill Craig - Sheryl Dirks - Dave Ewen  
John France - L.D. Hake - Dennis Hanson  
Jess Harris - Craig Hendy - Bob Jacoby  
Bob Kowalski - Bill Kunde - Bob Lavy  
Bill Lindholm - Barbara Newsone - Aaron Ott  
Kirk Parrott - Peggy Scarfe - Barbara Solheim  
Mike Stevenson - Bruce Troxel - Dawn Vyka  
Eldon Vignery - Geneva Williams  
Melissa Wise - Debbie Yadon**

**Special thanks to PEGGY BLACK who makes  
all of the phone calls each week gently  
reminding our drivers of their dates.**

## **We Need Your Help**

**If you know some one who might be interested  
in learning about REST and homeless issues,  
you can help by forwarding this newsletter to  
them. Just click the "Forward email" link below.  
If you would like to volunteer yourself, please  
call us at 300-4351. We welcome everyone's  
help. All volunteers are provided with training.  
We greatly appreciate all the donations our  
local businesses have made in support of  
REST. If you would like to make a donation, of  
any size, we greatly appreciate it. REST is a  
non-profit corporation. All donations are tax  
deductible. Donations can be sent to REST,  
P.O. Box 688, Yuba City, CA 95992.  
THANK YOU!**

**WARMTH  
NOURISHMENT  
COMPASSION**

which includes cleaning  
toilets." Lynn encourages  
others to come forward and  
volunteer. "Each of us has  
gifts. Just come and use  
what you have been  
blessed with. There is  
much to do."

For the future, Lynn would  
like to see REST grow into  
a fixed facility shelter that  
offers not only emergency  
shelter but a transitional  
program to help homeless  
secure permanent housing.  
In the meantime, she is  
setting the bar high as an  
example of what one  
person can do.