



Sacred Heart BEAT

SACRED HEART HOUSE OF DENVER WINTER 2019

From the Executive Director...

There are times in all our lives when we wonder if we are "making a difference." So it is, as each member of our staff works every day doing ordinary things to carry out the mission of Sacred Heart House of Denver. Then, at just the right time, we receive a note from a resident who reflects on her experience with us. As you read the note below, please know it is being written to each of you who support the women and children we serve in so many ways.
~ Janet Morris

"So different things happen to different people. I became homeless and went into the Sacred Heart Program and Garrett and Janet and Sheri saved my life. If it were not for them helping me through this every step of the way, I wouldn't be here. Now they have given me the chance at life and the hope and confidence I need to live a normal life. They helped me find stable housing and helped with clothing, food and a roof over my head.

I thank them so much for everything they have done for me and for what they do for others in this lifetime. They have become more my family than my real family. There has never been any judgment whatsoever but always encouragement to keep moving forward to a better most awesome life.

I love them deeply."

ALWAYS REMEMBER

Always remember what brought you here but turn it over when feeling fear.

Ask for patience when you seem to have run out.

All you have to do is stay. . . And those thoughts of leaving?

Remember the grieving, all the if, buts and all the "ho-hums."

Just think of what you can do today and

Remember where you came from.

♥ M.B.

SHHD CHOSEN TO RECEIVE SPECIAL IN-KIND DONATION

In early November, Donna Wensink reached out via email to ask if Sacred Heart House of Denver would be interested in receiving an in-kind donation of artwork. Interested?? It was an amazing opportunity, especially when Donna explained the program she represented. The Foundation for Hospital Art (www.hospitalart.org) is a 501c3 nonprofit organization that provides hospitals and other care facilities with brightly colored artwork to bring joy to people who may be in difficult situations.

Corporate donors sponsor the 6' 2" by 3' 1" murals by painting them in six panels at team building events; the panels are returned to the Foundation's studio for touch-up and quality control. The amazing donations are sent free of charge to specific care facilities or to organizations chosen by the Foundation in cities or areas of the country designated by their sponsors.

Sacred Heart House has been the grateful recipient of two murals so far, TULIPS and HUMMINGBIRD, to brighten the walls of our family room!

A Message from Our Board Chair...

Dear Friends,

The Board of Directors would like to extend our sincere thanks to all who have supported the work of Sacred House of Denver over the last year with your gifts of time, talent and treasure. This past year, our community was inundated with news about the homeless problem in Denver. As you know, Sacred Heart House is, and has been, a very special part of the solution.

Your time and financial contributions have helped our residents move forward from the terror and pure humiliation they felt without a place in this world to learn to build strength and establish their own unique identities. With your continued support, Sacred Heart House will continue to serve as an emotional and financial safety net for hundreds of women and children as they move through their journeys out of homelessness. Thank you again.

~ Michel Singer Nelson



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ONE WOMAN'S SUCCESS: THE JOURNEY FROM HOMELESSNESS

When I first contacted Sacred Heart, I had only been back in Colorado for about two months. I had been living in Florida to take care of my mother. When she passed away in the late summer, I knew I wanted to move back to Colorado, and so I moved in with an old roommate who needed a little help keeping up with bills and occasional babysitting. The arrangement seemed to work perfectly. I was working as a nanny and bringing my then one-year-old along with me so that I didn't have to pay for childcare, and I was also helping a friend who was in the same boat as me. What I realized, after paying this friend rent for two months, was that she was already in the process of being evicted. Within a week, I didn't have a place to live. By the time I got in touch with Sacred Heart, my daughter and I had completely run out of money after staying in AirBnBs and had been spending our days at the Gathering Place trying to get into a shelter. We were desperate.

When we called Sacred Heart, they were leaving for the day and weren't supposed to be taking new clients in. They took a chance on us, and I've never been more grateful! While we were in the shelter, I applied for and contacted as many programs as I could think of. We were candidates for two other transitional programs, but when Garrett heard about the things I wanted to do in the future, he offered me a place with Sacred Heart so that I could actually have a chance to pursue my dream of returning to school. I entered the transitional program that fall and began school at CCD in January of 2018.

For the first time, I had the ability to focus on school. I'd dropped out of college during my freshman year in 2008 because I simply could not afford the tuition. At CCD, with the addition of my previous college credits, I was able to graduate with my Associate's in Business Administration within a year. I transferred to Metropolitan State University of Denver in Spring of 2019 and am planning to graduate with my Bachelor's in International Business, with a concentration in Human Resources. I currently work full time for Metropolitan State University and have achieved a stability that I've never known before. I could never have imagined doing this before stumbling into Sacred Heart.

Right now, I'm working on my plans to attend law school. With the LSAT finally behind me, and an acceptance letter under my belt, I am so close to actualizing the dreams I never thought I'd reach. I will be the first woman in my family to receive a Bachelor's degree and hope to be the first in my family to be able to tack JD, MBA to my signature. I'm proud of this and excited to begin the next part of my educational journey, but I'm even more excited that, because of this experience and the things I've learned along the way, my daughter's future is secure and bright. ♥ M.B.

After spending two years in Sacred Heart House of Denver's Transitional Housing Program, this driven, hard-working, organized single mother has moved to her own apartment and will be studying at the University of Denver's Sturm College of Law.

In our Transitional Housing Program this year. . .

. . . nine single mothers with ten children and one single woman continued their journeys to self-sufficiency.

. . . three single mothers, each with one child, completed the program and moved to permanent housing.



THANKSGIVING ART

While many students were relaxing at home after enjoying Thanksgiving dinner, Seth Robbins and Levi Valenzuela, Physical Therapy students from Regis University, spent the evening volunteering at Sacred Heart House.

One of their classmates, Rhandi Jackson, decided to tag along and surprise the children with a fun activity: They painted fall-themed pictures on mini canvas!

Our programs impacted the lives of 1,164 individuals this year!

- 103 individuals experiencing homelessness, 28 mothers with 43 children and 31 single women, had the opportunity to rebuild their lives with services of the **In-House Stabilization Program**. 50% of the families and 45% of the single women moved to stable housing.

- Over 1,000 former residents, 273 families with 672 children and 117 single women, sustained their housing and averted homelessness with services of the **Follow-Up Program**.

Case management for the In-House Stabilization Program at Sacred Heart House of Denver is provided in partnership with the Graduate School of Social Work at the University of Denver. Interns in the Master's of Social Work (MSW) Program share first impressions of their work.

LUCY KLEIN ~Foundation Year Intern,
University of Denver

In the past, I worked as a Family Support Specialist at the Tennyson Center for Children, providing in-home and school support for children and families. This experience has helped me tremendously with the difficult case management responsibilities I have in my internship as a case manager in the In-House Stabilization Program. I have become familiar with school, housing and employment resources in the Denver area.

My favorite part of my internship is the opportunity to build relationships with the residents. I love to sit at dinner with the women and their children and chat about their accomplishments on any given day. All the women who enter Sacred Heart House are extremely resilient individuals, and I see strengths in each of them. My hope, as I continue my internship, is to utilize my clinical skills to empower women to achieve their goals.

MADDY TRAINOR ~Foundation Year Intern,
University of Denver

So far, my field placement at Sacred Heart House of Denver has been a rewarding experience during my Foundation Year of graduate school. It has helped supplement my education by giving me hands-on, practical experience working with clients. The residents of Sacred Heart House are strong, resilient women that are looking to better themselves and their lives, and I learned a lot from working closely with them. I look forward to learning more, as I continue my internship.

SABRINA MANZO ~Concentration Year Intern,
University of Denver

Born and raised in Portland, Oregon, I had never been to Denver before moving here for graduate school. I was so excited to start this new chapter of my life at the University of Denver. As I packed my entire life into my car and made the 19+ hour drive, all I could think was, "Well, I hope I like it there." I have never been more nervous, but it has turned out to be the best decision I've ever made.

As a Concentration Year student, this is my second internship at DU. My first internship was working with grantees at the Colorado School of Public Policy. This is my first time working directly with clients, which is so different than any other work I've done. During my first two weeks, I found trying to learn all the rules and fill the house with residents very overwhelming! In the short time I've been at Sacred Heart, I've been able to connect with the residents and practice my clinical skills, along with learning about resources. These women have taught me so much already: I've gotten to experience the strength and resilience of the human spirit.

MADDIE OSGOOD ~Concentration Year Intern,
University of Denver

As a Concentration Year student, I wanted to work with individuals, because I did not have the opportunity I needed to achieve all my education goals through my previous internship. Now I'm learning what it means to work with individuals and families to help them overcome barriers they are facing, as they work to become self-sufficient.

Since I've been at Sacred Heart House, I've have been overwhelmed with learning so much information to help our residents. I am very excited to work here and develop my responsibilities as a case manager.

I have come to realize that barriers to securing stable housing create a long process for both our residents and for me, as I advocate for them. I value the time and energy the women we serve put toward accomplishing their personal and housing goals.



MEET OUR NEW PROGRAM ASSISTANT!

Hello! My name is Lauren Hayden, and I have been the Program Assistant at Sacred Heart House for a

few months now. I grew up in Colorado but have spent quite a bit of time out of state and internationally since graduating high school in 2008. I attended undergrad in New York, was in the Peace Corps in Costa Rica, and most recently completed a Master's in Development Studies in The Netherlands.

I am passionate about social justice and addressing the inequalities that plague our society. The PA position at SHH seemed like a great opportunity to get involved in my local community and learn more about the challenges facing the homeless population, as well as the resources available. In the time that I have spent here so far, I have thoroughly enjoyed getting to know the volunteers, current residents, and individuals in the Follow-Up Program. I am continually impressed by the amount of people who reach out to volunteer or donate items. I look forward to continuing to learn about our work and impact and meeting the people who help us make it happen! ~ Lauren Hayden

SACRED HEART HOUSE OF DENVER WELCOMES NEW BOARD MEMBERS. . .

**BARB AND JOHN
ASTUNO**



Barb and I are so proud and pleased to be part of the Sacred Heart House Board and, in a broader sense, part of the Sacred Heart House community. Over the past 25 years, members of our family have been bringing dinner down to Sacred Heart. Barb recalls with fondness delivering dinner to Sacred Heart's previous location (across the street) back in the 90's. Additionally, we coordinated the Family Dinner Program through our local public school for many years.

This has given us the opportunity to see the many lives that Sacred Heart has touched. We have experienced firsthand the outstanding work being done by Janet, Garrett, Dolores and many others, including the interns and volunteers. The residents couldn't be better taken care of.

While many organizations lend a welcome and very much needed hand for a short interval, we are so impressed with Sacred Heart's mission of assisting women and children from a state of homelessness to one of stability. In that sense, it provides hope and security for those who really need it---at a most critical time.

We look forward to being part of this great organization and doing our part to make Sacred Heart even stronger and better. ~ John Astuno

LINDSEY HELMICK

Shortly after moving to Denver, I was looking for a way to be involved in, and give back to, my community. I stumbled across Sacred Heart House of Denver and was inspired by its mission and strong history in the community. I signed up to volunteer providing child-care during Life Skills classes once a month. I quickly found those few hours were the highlight of my week and asked to come more frequently.

After five years of volunteering weekly, I decided to take my involvement a step further and apply to join the board. I had seen first-hand how hard working the women who come through the shelter are, and I know they are trying their very best to care for their children and create stable homes and lives. As a member of the board, it gives me great pleasure to know I too am working hard on behalf of these women. I look forward to working with the community in a new capacity, spreading the word about Sacred Heart House and all the wonderful things it does for the community and for the women who need a little help. ~ Lindsey Helmick



Jenna and Becca



PEANUT BUTTER CREATIVE DENVER GRAPHIC DESIGN

Two sisters, Becca and Jenna, co-founders of Peanut Butter Creative have a passion for helping women feel empowered and professional through the business they established in 2016. This summer, they gathered donations for Sacred Heart House through their PBC Spread the Love networking event!



Emily, Sophia and Emily's Mom



Ken, Meghan, Suellen and Lauren Herwehe

A FAMILY AFFAIR

Sisters Meghan and Lauren Herwehe joined our board of directors after volunteering monthly at Sacred Heart House. Meghan became interested, when she attended a Board Match event and realized that Sacred Heart House of Denver HAD a board: She now leads the board's Fundraising Committee! Lauren followed in her sister's footsteps later, after establishing herself as our social media expert. When their parents, Ken and Suellen, moved to Colorado, they joined their daughters, supporting them in their respective roles and generously offering financial support to help the women and children we serve.



Carol Johnson

ONEHOPE WINE TASTING

Carol "CJ" Johnson, who has graciously worked with our Fundraising Committee on previous fundraising events, hosted a successful wine tasting fundraiser at her home on October 26, 2019. A vineyard in the Napa Valley, ONEHOPE Wine, dedicated to "giving back" with each bottle of wine they sell, designates a specific charity for each bottle sold.

As a Cause Entrepreneur and host, Carol designated Sacred Heart House as an additional beneficiary to receive a percentage of each half or whole case of wine sold. Michel Singer Nelson took the opportunity to introduce Sacred Heart House to new friends attending the event.

UNIVERSITY HILLS ROTARY ANNUAL SANTA PARTY

From providing volunteers for special projects, paying for a new washer and replacing a furnace and air conditioning unit for a transitional housing property, to consistently donating toys, clothes and cleaning supplies after meetings and Giving Tree money each Christmas, University Hills Rotarians have always been there for Sacred Heart House of Denver for more than 30 years.

Especially heartwarming is the Santa Party the Club hosts for their children and grandchildren on the day after Thanksgiving each year: They always invite each family in our Transitional Housing Program! Not only do Martha Sundby and Dave McKinley arrange transportation to the party, each child meets Santa and is gifted with a toy. Surprised faces wonder how Santa knew what they wanted!



Special Thanks to...

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We value the contributions of **all** those who donate goods, including clothing, furniture and household items and services.

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♥ Parents and students of **GREENWOOD** and **ST. ANNE'S ELEMENTARY SCHOOLS**, **JIM WALSH** and his class from **REGIS UNIVERSITY** and **ALL** the **INDIVIDUALS** and **FAMILIES** who bring dinners and share their time with our residents through the Family Dinner Program, and to our faithful **SUNDAY COOKS**.

♥ **TONY LOPEZ** and **LA POPULAR** for donating tamales and cookies each week.

♥ **KEVIN KOEPKE** and **PAPA MURPHY'S** on West 44th Ave. for pizza donations.

♥ **ADDE'S CATERING KITCHEN** for providing wonderful dinners throughout the year.

♥ **ARAM HAROUTUNIAN** and the **GARDENS OF ST. ELIZABETH** for home-cooked meals for residents and Charity Box donations.

♥ **NICK LAUTER** and **THE OPUS GROUP** for their ongoing support.

♥ **DOLORES RAEI-TAPIA** and the **LADIES' AUXILIARY OF THE KNIGHTS OF COLUMBUS** for King Soopers gift cards and handmade quilts, blankets, scarves and gloves.

♥ **CHARM** and **MIKE WOOD** for items from our Needs List.

♥ **NEIL AND LANA WIESE** for meeting our ongoing needs for food, laundry and cleaning products (and any other requests we may have!) each month.

♥ **KELLY MALLORY** and **JULIA MENZEL** of **THUNDERRIDGE DECA** for organizing a drive to collect Needs List items.

♥ **OUR LADY OF FATIMA** and **MOST PRECIOUS BLOOD PARISHES** for food donations at Easter and Thanksgiving.

♥ **KROENKE SPORTS & ENTERTAINMENT** for ticket donations to local sports and entertainment events.

♥ **SPIRIT OF CHRIST**, **ST. MARY'S LITTLETON** and **OUR LADY OF LOURDES PARISHES**, **JESSIE TREE GIFTS**, **THE KNIGHTS OF COLUMBUS LADIES AUXILIARY** of **ST. THOMAS MORE CHURCH**, **WILLOWS CHILD CENTER**, **PROTIVITI**, **SM ENERGY**, **CURVES LONETREE**, **LEGACY MECHANICAL**, **WOOD, E&IS**, **AUDREY HOHMES** and **STRIVE PREPARATORY CHARTER SCHOOLS**, **KAISER CLINICAL PHARMACY SPECIALTY SERVICES**, **IMA, CORP.**, **THE FOUNDATION OF ACCOUNTING & FINANCIAL WOMEN'S ALLIANCE**, **DIANE MERRIMAN** and **THE CARE GROUP**, **SARA LAKE** and **SLAKE PHARMACY**, **MCCARTHY & HOLTHUS, LLP**, **CHAD MILLER** and **KAISER PERMANENTE CLINICAL PHARMACY SERVICES**, the **GALLERIA TOWERS** and **ALL** the **INDIVIDUALS**, **FAMILIES** and **BUSINESSES** for providing items from our Needs List,

contributing gifts for residents and adopting families in our Follow-Up Program during this holiday season. (This list includes all who have contacted us as of our printing deadline.)

♥ **MARY KENNY-MOYNIHAN** for Target gift cards.

♥ **CAITY CURTIS** and **VOLUNTEERS** from **DISH NETWORK** for refurbishing our front yard and backyard play area during the **AMP the CAUSE PROJECT** on May 18, 2019.

♥ **CATHY LAW** and the **VOA/RSVP TEAM** for supporting our need for volunteers.

♥ **DAVE MCKINLEY** for stuffed animals to welcome and comfort young residents and for keeping us in one-ply toilet paper, coffee, trash bags and paper towels.

♥ **CHURCH OF THE RISEN CHRIST** and the **ST. VINCENT DE PAUL SOCIETY** for rental and deposit assistance throughout the year.

♥ **DENNIS JONES**, **COMMUNITY PROGRAMS LEAD**, **KNIGHTS OF COLUMBUS COUNCIL 12979** and **DAVE DUDDEN** of **SPIRIT OF CHRIST CHURCH** for visiting Sacred Heart House and laying the groundwork for the campaign to raise funds for a new **RAINBOW PLAY SYSTEM** for our backyard and to **DENNIS JONES** and **MICHAEL ALARCON** for presenting requests for funding to local **K of C COUNCILS**.

♥ **MICHEL SINGER NELSON**, the **FUNDRAISING COMMITTEE** and **EACH BOARD MEMBER**, for supporting the mission of Sacred Heart House of Denver.

♥ **ANN ZIMMER** and **MOST PRECIOUS BLOOD PARISH** for Mother's Day donations and for **ALL WAYS** supporting our mission.

♥ **DON** and **JANIS MCFALL** for their ongoing support.

♥ **SUSIE** and **TOM SHANLEY** of **Taos, NM**, **STEVE SANTOMO** and **EMBASSY SUITES** by **HILTON** and **ANGIE BEATTY** and **WISH GIFTS DENVER** for their silent auction donations for the **RINO ROCKS OUT** event last February.

♥ **DUNCAN GOODMAN** with **CERVANTES MASTERPIECE BALLROOM** and **JOY JAEGER** and band members of **THUMPIN'** for making **RINO ROCKS OUT** possible.

♥ **STEVE SANTOMO** and **EMBASSY SUITES** by **HILTON** for offering job opportunities for women in our programs and for their food donation.

♥ **EARL GONZALES** and the **OLD BLINKING LIGHT** in Highlands Ranch for supporting Sacred Heart of Denver with a percentage of the restaurant's sales on a future Thursday evening.

♥ **ASHLEY HOFFMAN** and **HOOTERS RESTAURANT** for fundraising support.

♥ **HIGHLANDS LODGE NO. 86 A.F. & A.M.** for supporting Sacred Heart House of Denver as

their chosen charity for the second year and to **JOE COMINIELLO** and **JIM MARSHALL** for including Garrett and Janet in their holiday celebration.

♥ **STEPHANIE SHARFENBERG**, **COMMUNITY SERVICE COMMITTEE CHAIR** of the **ROCKY MOUNTAIN CHAPTER** of the **SOCIETY OF GOVERNMENT MEETING PLANNERS**, for supporting Sacred Heart House of Denver with Needs List items and cash donations and for hosting Garrett and Janet at their holiday celebrations for two years.

♥ **MICHEL SINGER NELSON** and the **CATHOLIC LAWYERS GUILD OF COLORADO** for choosing Sacred Heart House of Denver as the charity benefitting this year at its Annual Fundraiser Dinner on November 11, 2019.

♥ **KATE RICE** and **MOST PRECIOUS BLOOD CATHOLIC SCHOOL** for birthday bags, welcome bags and cleaning supplies.

♥ **LYNN SINGER-SANTOMO** for maintaining our website.

♥ **MARK** and **ANGIE HENDERSON** and **SUMMIT COMMUNITY CHURCH** for bringing dinners and recruiting volunteers.

♥ **JEFF STONE** and **PARIS TIRE SERVICE** for donating services for cars of women in our Follow-Up Program and for servicing our 1990 Chevy pick-up truck.

♥ **BOBBI MURRAY**, **BETH RABIN** and **EILEEN HYATT** of the **CONFLICT CENTER**, **JOAN WEISHAUPL**, **LINDA LANGE** and **ZINA DeJONG** of **THE FOUNDATION OF ACCOUNTING & FINANCIAL WOMEN'S ALLIANCE**, **CASSANDRA GARCIA** from **MENTAL HEALTH CENTER OF DENVER** and **JANELLE SAAR**, **JOSHALYN GREEN**, **CRYINA BULLARD** of **CATCH HAPPINESS** and **COMMUNITY MEMBERS** for sharing their knowledge and facilitating Life Skills Classes and **STUDENTS IN THE MED-ADVANCE COLORADO PROGRAM**, **ZACHARY LUBINE** of **UC DENVER** and **METROPOLITAN STATE UNIVERSITY OF DENVER'S DEPARTMENT OF NUTRITION, PHARMACY** and **PHYSICAL THERAPY STUDENTS** from **REGIS UNIVERSITY'S SERVICE LEARNING PROGRAM** for sharing health and wellness practices with residents.

♥ ...AND THANK YOU to **ALL OUR VOLUNTEERS**, who manage SACRED HEART HOUSE OF DENVER from 6 to 10 each evening and on Sunday mornings and afternoons, and **LINDSEY HELMICK** and **EVERYONE** who provides childcare on Tuesday and Thursday evenings, **JIM WALSH** and **STUDENTS** from **REGIS UNIVERSITY'S SERVICE LEARNING PROGRAM** who entertain and teach residents with presentations on social justice issues, **JOE VALENCIA** for cooking Sunday breakfast and **CONNIE CURTIS** for staying overnight every Tuesday for SO MANY years.



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WAYS TO GIVE. . .

ENTERPRISE ZONE CONTRIBUTIONS

Donations of \$250 or more may be recorded under the Colorado Economic Enterprise Zone. These donations are eligible for a state tax credit, which, in most cases, is 25%. Checks should be made out to Sacred Heart House of Denver with "Enterprise Zone" written in the memo space.

The State of Colorado requires agencies to collect the last four digits of each taxpayer's Social Security Number or the taxpayer's Colorado Tax ID Number. If Sacred Heart House of Denver does not submit this number on its Enterprise Zone forms, the donation is tax deductible, but it is not eligible for the tax credit.

You will receive a "Certification of Qualified Enterprise Zone Contribution" from the City and County of Denver to attach to your 2019 Colorado Income Tax Form. Contributions must be received by December 31, 2019, to be eligible for the tax credit.

coloradogives.org

Donations may be made at any time through coloradogives.org, an online resource featuring Colorado charities made possible by Community First Foundation. Ninety-eight percent of your donation comes directly to Sacred Heart House of Denver. Each December, on Colorado Gives Day, the value of your donation is increased by the FirstBank Incentive Fund. These donations are eligible for the Enterprise Zone Tax Credit.

CORPORATE MATCHING GIFTS

Many employers match gifts made by their employees to non-profit organizations. If you are considering making a donation to Sacred Heart House of Denver, please contact the Human Resources Department of your company to see if it has a Matching Gift Program. If it does, you can obtain a matching gift form and follow its directions to initiate the match. Your contribution may be doubled!

AmazonSmile

AmazonSmile is an easy way to support your favorite charity at no cost to you. AmazonSmile is the same pricing and shopping experience as Amazon.com but Amazon donates a portion of the purchase price to your favorite charity. Visit smile.amazon.com for more information and to select Sacred Heart House of Denver as your charity of choice.

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