

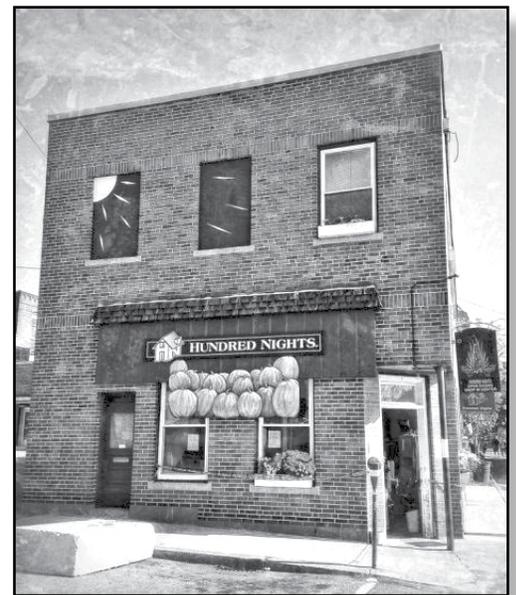


17 Lamson Street • Keene, NH 03431



## VOLUNTEER NEEDS at Hundred Nights Inc

- Volunteers to help out at the Otter Limits Triathlon, Sept 6, 2014 – be a course marshal or hand out water and raise \$\$ for HN Inc, 7-9 am or 9 am – noon
- Groups of people to help make and serve Tailgate Saturday night dinner for 40 people, or Open Mic Sunday night dinner for 25 people, once every 3 months
- Small group to help with a Shelter Cleaning for a few hours on a weekend
- Person to teach Word, Excel, etc to a class of 4 at a time, 1-2 afternoons a week, 4-8 wks in a row
- Volunteers to help out with our Fall/Winter Fundraiser
- Please call 352-5197 or email [mcambiar@hndrednightsinc.org](mailto:mcambiar@hndrednightsinc.org)



## AFTERNOON PROGRAMS AT HUNDRED NIGHTS

In April, 2014 our new plan for Afternoon Programming was implemented in the Resource Center. Our goal is to bring in many different kinds of activities to see what our guests are in need of or could benefit from. We have tried Learn to Knit, Origami, Nature Hikes, Yoga/Stretching, Anger Management, Reading to Children, Throwback Thursday Classic Movies, Tie-Dye Day and Woodworking – have you seen the beautiful flower boxes made by our guests? There are plans to bring in a Bicycle Repair and Maintenance Class, Basic First Aid, Nutrition on a Shoestring and Basic computer classes once we get some teachers, supplies and computers. Response has been varied, with the greatest success to date being the Anger Management classes. We will be looking into what other classes and programs might help to bring enrichment to the lives of our guests. Any ideas? We are open to your suggestions!

# Friends of Hundred Nights

The Friends of Hundred Nights was an outcome of a class held as part of the CALL program at Keene State College in the fall of 2013. The class focused on the issue of the homeless and Mindy Cambiar was a guest speaker several times. At the end of the class, there was interest in continuing the conversation and a meeting was held to discuss ways to support the shelter. The group agreed to meet on a monthly basis. Judy Perry and Tricia Sears agreed to facilitate a month long class at the college as part of the CALL short semester in February. Fourteen people enrolled and guest speakers from area resources were invited. Folks from both classes began meeting on a monthly basis, with Mindy, to act as a sounding board and to generate support for the shelter and its staff. What have we accomplished so far?

- Letters to The Keene Sentinel about the shelter and its needs
- Assistance in getting articles published in The Sentinel and The Shopper
- Work day, which replaced the floor in the resource center, created space for the clinic, built shelves, and cleaned in preparation for the first night.
- New curtains and art work for the Resource Center
- Donations - food, books, clothes
- Shelving built for storage area on the second floor and clothing organized into new bins.
- Discussion with a faculty member at Keene State College about a documentary on the homeless in Keene and the Hundred Nights Shelter. This would be a student project, beginning at the beginning of the fall semester.

It has been a pleasure working with Mindy as well as Ben Tilton and Ed Brooks from the Board, who have been regulars at the monthly meetings, usually held the first Tuesday of each month at 1 p.m. upstairs at Hundred Nights. Please join in by coming to a meeting! (next meeting is Sept 9th!) - Submitted by Judy Perry

*"If you walk down the street and see someone in a box, you have a choice. That person is either 'the other' and you're fearful of them, or that person is an extension of your family." Susan Sarandon*

## Be Well Clinic Opening

After all the renovations in the Resource Center (new sub-floor and flooring, painting, shelving, curtains, artwork, chairs and tables and a dedicated Exam room with a handwashing sink) it gives us a thrill to announce that the Be Well Free Clinic is going to be open in August, 2014. The clinic, which will be staffed by volunteer medical professionals from Dartmouth Hitchcock Medical Center and the Keene State College BSN Program RN's, will initially be open every other Monday evening. Appointment times can be arranged from 5-6 pm with visits scheduled for the same night between 6 and 8 pm. The clinic will be for non emergency only treatment of the uninsured homeless. There will be no drugs of any kind on site. If you are interested in helping with this project, donations are being accepted for supplies, a pharmacy fund and necessary laboratory procedures – please make note of CLINIC on your check.

## Hundred Nights Hostel

It is also very exciting for us to announce that our installation of a beautiful new shower in the second bathroom upstairs is almost complete – only \$475.00 away from completion for tiles, paint and shelves. As soon as it is done Hundred Nights will be available as a hostel. Have you ever stayed in one? Generally, there are bunk beds in a dorm style room, with shower and kitchenette facilities on site. We will be open from July 1st until November 15th, 2014, and beds are going for \$20.00/night, except for Pumpkin Fest weekend when we hope to get \$50.00. There is space in the frig for your dinner, a place to lock your bike, a microwave, a toaster and toaster oven, a coffee pot, a hot plate and a clean bed. There are 24 bunks, so we are ready for larger groups as well. Please call 352-5197 for details.

# Some Facts About the Recent Cold Weather Shelter Season

1. First and foremost overnight shelter was provided between December 21, 2013 and March 30, 2014. 119 unique individuals received 1,900 bed-nights of shelter during that time. Additionally, 5 people received 93 bed-nights of shelter between March 31 and April 30, 2014 due to a request made by Southwest Community Services.
2. At the Shelter we focused on the Healthy Feet Program for our shelter guests. A letter writing campaign took place to invite donations of new, warm socks, medicated foot powder, Epsom salts for foot soaks and winter footwear. We also had to seek out a provider to help with the foot soaks, bandaging and nail care, which arrived in the form of two wonderful nurses who donated their time. 27 of our guests made use of this vitally important service 184 times over the course of the season.
3. There were collections of coats, hats, scarves, gloves, other warm clothing and personal care items that were donated to benefit our Shelter guests. 989 items of clothing and hundreds of personal care items were distributed to 88 unique individuals who stayed in the Shelter over the Winter season.
4. 15 people were assisted with the filling in of paperwork required to assess eligibility for various programs such as food stamps.
5. There were 176 positive responses over the course of the season to a need for a free clinic for non-emergency situations by people who are uninsured.

*"We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty." Mother Teresan*



A Big Thank You goes out to all of you who helped Hundred Nights this past year by donating supplies, services and financial support. We never could have done it without you!



## RESOURCE CENTER INFORMATION September 1, 2013 to May 31, 2014

- At the Open Doors Resource Center 551 unique individuals visited the Center 10,012 times
- 4 people received help with paperwork to apply for Food Stamps
- 12 people received new ID's from the DMV
- Hundreds of personal care and clothing items were distributed
- 5 tents and 5 sleeping bags were given to those in need of them at the end of the shelter season
- 4-8 free haircuts were provided by local hairdressers (Rock, Paper, Scissors and Super Cuts!) once a month
- An average of 3 loads of laundry were done each day for guests of the Resource Center
- 1,259 Tailgate Dinners were served on Saturday evenings
- Open Mic with Food served 839 meals on Sunday evenings

June, 2014

Dear Friends,

It's not yet been a full year since I became Executive Director of Hundred Nights Inc. During the ten months that I have been here a lot has happened, most of it extremely positive. We have paid our rent, our utilities and our staff on a regular basis – that's a first! We served more people in need than ever before, 1,993 bed-nights last winter. We have expanded our programs and offerings. We are about to launch a free clinic to help the uninsured homeless, and a hostel with a shower to help raise money.

BUT – we are not out of the woods yet, financially speaking. We need your help and ongoing support to keep Hundred Nights' doors open. I know that summertime is the exact opposite time of the year when we think of helping to keep homeless people warm and safe – which is exactly why Hundred Nights needs you now. We do not have enough money to make it through until the holidays again....in fact we have only enough money in the bank to get through one more month...

Let's work together in 2014 to make Hundred Nights Inc a strong and stable organization. Here are some specific things that you can help with:

1. PLEASE send in a donation now, any amount will help...
2. Raise awareness of the issue of homelessness. This is not happening only in Keene or Cheshire County. The entire country is experiencing the poor getting poorer...many people are one paycheck away from becoming homeless...
3. Volunteer at the Resource Center and Shelter. We need you to help lead a class, teach a skill, help with Intake and assistance forms, be an awake overnighter and perform maintenance...
4. Help us with fundraising. There are so many options – help organize a festival, a carwash, an auction, a pancake breakfast or a yard sale and donate the money to Hundred Nights. Be on the fundraising committee. Talk to people you know who might be able to make a donation. In addition to our budget of \$164,000 in 2014, we also need to raise supplies for the Resource Center programs...Wouldn't it be great to have 4 laptops to teach Word, Publisher and Excel on? Wouldn't it be fabulous to teach a person how to fish, and make sure there is equipment for fishing and a license to do it? Or teach bicycle repair and maintenance and have basic tools for people to use and donated bicycles for them to keep when they finish the course?
5. Share what you know about Hundred Nights – Spread the word – Promote our cause!

Any help right now will be appreciated very much. If you have any questions please call me and ask!

Sincerely,

Mindy Cambiar, Executive Director  
(603) 352-5197

*"I mean, I don't think I'm alone when I look at the homeless person or the bum or the psychotic or the drunk or the drug addict or the criminal and see their baby pictures in my mind's eye. You don't think they were cute like every other baby?" Dustin Hoffman*