

# HUNDRED NIGHTS

HUNDRED NIGHTS INC • COLD WEATHER SHELTER • OPEN DOORS RESOURCE CENTER • BE WELL CLINIC

## Letter from the Executive Director

Dear Friends,

Isn't it wonderfully warm and sunny out? Even though Hundred Nights added 5 full weeks of shelter onto our calendar this past winter season, I was still worried on April 16th, when it was chilly and damp outside and the Shelter guests had to spend the night in a tent if they had no other place to go.....

We had some "take notice" moments over the 135 nights that I would like to share with you:

- Over this Shelter Season three of our current and former homeless guests died. Rest In Peace Russ, George and Bill.
- Breakfast was available 7 mornings a week for the shelter guests for the first time. At the Keene Unitarian Universalist Church a hot breakfast from 7-8:15 am was served Monday thru Friday morning by members of KUUC, the United Church of Christ, St Bernard's Church and the Knight's of Columbus. On Saturday mornings breakfast was brought to the Resource Center by Liberty Tree Ministries and served from 7-8:15 am, and on Sundays The Community Kitchen opened its doors to Shelter guests at 8 am for breakfast and a place to stay warm til 1 pm.
- Lena Mark and members of the Grace United Methodist Church opened up the Resource Center on Sunday afternoons from 2-5pm so that during the cold there was a place for people to be inside, as the library is closed on Sundays.
- During these times of abundant food, friendliness and warmth, there were many conversations. One question that was asked of many guests was, "What one thing would make the day to day a little easier?" The answer most often heard was "a safe place to leave my belongings". Think about having your clothes, shoes, toiletry articles, reading materials, and everything else in your life in a backpack, and it becomes easier to imagine how heavy, bulky and burdensome it could be to have to carry that around. Homeless people have to do a lot of walking from place to place: to breakfast, from breakfast, to the Resource Center, to the Library, to The Community Kitchen, to the store, to the shelter.....Many guests had back pain from carrying all that weight, and carrying around a loaded backpack is often a negative stigma. Some very caring and compassionate people took action and Hundred Nights became the recipient of 24 lockers with locks. Our guests were then able to choose what to take with them during the day and what to leave behind in a safe space!
- The Be Well Medical Clinic offered free acute medical care every Monday evening during Shelter Season. After making an appointment (to be seen the same evening the appt was made) 59 patient visits were recorded over the season. Volunteers from Dartmouth Hitchcock Medical Center and the KSC Nursing School provided all staffing. Additionally, Antioch University Counseling Program Student Interns provided free counseling sessions to any of our guests who were interested.
- For several weeks starting in February there were 32 - 38 Shelter guests almost every night - Hundred Nights has 26 approved beds. Thank goodness that a local church pitched in by opening an overflow shelter site. 3,008 bed-nights is a huge number - last year 1,993 were provided.

If you are able to help Hundred Nights at this time, it would be most appreciated. We are sincerely hoping to avoid a repeat of last years end of summer/fall shortfall in operating money. Please, if you have any questions call me and ask!

Best,

Mindy Cambiar, Executive Director  
(603) 352-5197



### MISSION STATEMENT

*The mission of Hundred Nights, Inc. is to provide a cold weather shelter offering clean beds in a safe and warm space to our neighbors in need, to operate the Open Doors Resource Center, which provides a welcoming space for people to gather for sustenance of body and spirit on a year-round basis and hold a free medical clinic on a regular basis for the uninsured and homeless people in our community.*

## RESOURCE CENTER INFORMATION

January 1, 2015 to April 30, 2015

- At the Open Doors Resource Center 308 unique individuals visited the Center 4,389 times – 207 guests were male, 101 were female, 10 were under age 18, 8 were veterans
- Assistance was provided to fill in applications for services. As a result 5 people received food stamp 3 signed up for Medicaid, 3 received Safe-Link phones, 6 received Birth Certificates, 10 received new non-driver's ID's from the DMV, and 58 referrals were made to other agencies
- Hundreds of personal care and clothing items were distributed
- 8 tents and 10 sleeping bags were given to those in need of them at the end of the shelter season
- 10 free haircuts were provided by local barber, John Magyar, once a month
- An average of 2 loads of laundry were done each day for guests of the Resource Center
- 1,345 Tailgate and Open Mic Dinners were served on Saturday and Sunday evenings
- Total Volunteer Hours for RC Programs, Tailgate and Open Mic Dinners = 1,345



*Members of the Radiology Department at Monadnock Community Hospital in Peterborough recently presented a check to Hundred Nights in memory of Russ Holden, who died over the winter as the result of a fire. The Radiology Department won an award which gave them the opportunity to pick a charity of their choice to make a donation to. It is very much appreciated!*

## Some Facts About the Recent Cold Weather Shelter Season

1. Overnight shelter was provided between December 1, 2014 and April 15, 2015. 152 unique individuals received 3,008 bed-nights of shelter during that time. 107 of those guests were male, 45 were female, 6 were under the age of 13, and 9 were veterans. 128 of our guests, 84%, had an income of less than \$10,000 annually.
2. A "Healthy Feet Program" for our shelter guests was offered one night a week, due to the plentiful donations received of warm socks, medicated foot powder, Epsom salts for foot soaks and winter footwear. Thanks to a wonderful volunteer, RN Lisa Clouet, foot soaks, massages, bandaging and nail care were provided with a smile. She was a very popular volunteer! 36 of our guests made use of this vitally important service 97 times over the course of the season. And, 742 pairs of socks were distributed!
3. Hundreds of coats, hats, scarves, gloves, other warm clothing, hand and foot warmers and personal care items were donated, which greatly benefited our Shelter guests, by keeping them as toasty as possible while facing the elements.
4. Staff assistance was provided to fill in applications for many services. As a result 15 people received food stamps, 7 were signed up for Medicaid, 6 received a Safe-Link phone, 4 have moved into permanent housing with 2 more about to move in, and 67 people were referred to other agencies.
5. Over 115 people volunteered at the Cold Weather Shelter this last winter – doing Intake in 3 hour shifts, staying Awake Overnight 8 hours a night, doing endless laundry and cleaning – Total Shelter volunteer hours = 3,217!

*"Sometimes it's easy to walk by because we know we can't change someone's whole life in a single afternoon. But what we fail to realize is that simple kindness can go a long way toward encouraging someone who is stuck in a desolate place." – Mike Yankoski*

We had 4 people move into real homes during, and after, this Shelter season, and 2 more whom we expect to move in soon! Here is one success story!

## Jim's Story



On February 16, 2015 the police came to Hundred Nights Cold Weather Shelter with “a situation” and a gentleman over the age of 65. Jim was a recent transplant to the area, leaving his home in the South to be closer to his family. He had a temporary place to stay while he looked for housing – and then he didn't. After he was thrown out of his temporary housing with his suitcases, Jim called the police. He had no transportation and knew nothing about services available in this area. It was night-time, freezing cold and snowy. The police delivered him to us. Over the next 7 weeks while Jim stayed here at Hundred Nights he was able to access the following services and

supplies at the Shelter and Resource Center:

- he had a clean bed in a warm and safe place each night he stayed
- the staff worked with Jim to cancel his food stamps and Medicaid in another state, and reapply in NH
- warm winter clothing and personal care products as needed, and use of laundry facilities
- the staff provided him with transportation to Doctor appointments, the hospital, Service-Link and the DMV to change his Driver's License
- Jim received his mail at the 17 Lamson St address
- coffee, snacks and lunch food during the week, and dinners on the weekends
- help with housing applications at Keene and Cheshire Housing and a connection to the Housing Coordinator at SCS

Jim volunteered on several occasions to help out at Hundred Nights and became “famous” for giving advice to the younger guests....Soon after the 1st of April, Jim was able to move into his own apartment in Keene, where his grandchildren regularly visit him!



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!



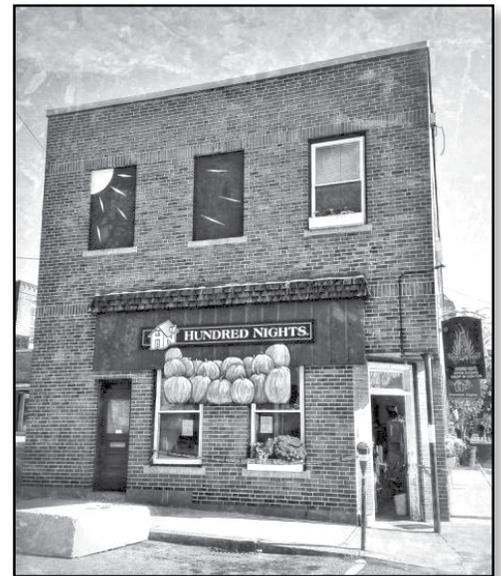


17 Lamson Street • Keene, NH 03431



## VOLUNTEER NEEDS at Hundred Nights Inc

- Help out with the UPS Touch a Truck event, raise \$\$ for HN June 20, 2015, Market Basket Parking Lot! A Family Friendly Event!
- Help out at the Give Peace a Tri Triathlon, July 18, 2015: course marshals, registrar, water deliverers needed, raise \$\$ for HN Inc! Go here to sign up <http://www.signupgenius.com/go/20f0c48aaaa23abfb6-volunteers>
- Groups of people to help make and serve Tailgate Saturday night dinner and/or Open Mic Sunday night dinner for 40 people - lots of dates open!
- People to help with painting the conference room for a few hours...
- Person to teach Office Computer Skills to a class of 4 people, 1 day a week for 2-3 hours, 4-8 wks in a row
- Call 352-5197 or email [mcambiar@hndrednightsinc.org](mailto:mcambiar@hndrednightsinc.org) if you can help!



## AFTERNOON PROGRAMS AT HUNDRED NIGHTS

Now that the Winter Shelter Season is over, reducing the need for daytime shelter from the cold, Afternoon Programs have started up again in the Resource Center. Our goal is to bring in many different kinds of activities to see what our guests could benefit from. We have volunteers for classes in yoga, woodworking, anger management and bicycle repair so far. We hope to add more classes - do you have the time or ability to come in once a week for a few hours to teach a class? Our ideas include computer skills and sewing....do you have any ideas? We hope to fill the hours between 1 and 4 pm on weekdays.