

## Teresa Heads Home

Last summer, we shared Teresa's story and her drive to find permanent housing and stable employment. We are excited to share that Teresa achieved her goals and moved into a place of her own this winter!

Teresa shared more about her journey and what helped her make it home. Learn more about her success on page 4!



**Teresa with NHH Director of  
Workforce Development, Paul Kola**

## Pack the Pantry!

New Hope Housing is excited to share our inaugural Pack the Pantry event and Fresh Food Fund! Nutritious meals are a cornerstone service that New Hope Housing shelters provide guests during their stay. Help us ensure that our guests have a nutritious (and delicious!) breakfast, lunch, and dinner, 365 days of the year.

Read more about our event and donation drive on page 3 and learn how you can get involved!



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Upcoming Events

Dear Friends,

This winter, I experienced my first Hypothermia Prevention season with New Hope Housing. Although the program is not new to many of you, it was a first for me. It was eye-opening to see how many individuals in our community need a safe place to sleep and warm meals during the coldest nights of the year. I am proud to share that New Hope Housing staff and volunteers served 950 individuals in our Hypothermia Prevention Program this winter. We're grateful to the community partners who helped make this happen.

Although this year's Hypothermia Prevention Program is over, there is still more work to be done to address the needs of our homeless neighbors.

I've shared before about the close link between homelessness and health. One key component of the health of our homeless neighbors is nutrition. At our shelters, we provide breakfast, lunch, and dinner, seven days a week, 365 days a year. In our housing and community programs, we provide food baskets, grocery gift cards, and connect clients to food resources in the community. We are working to increase funding to bring in a nutritionist to help our kitchen staff and volunteer meal providers provide healthy meals, as well as work with guests individually to address their nutrition needs.

We need your help, though. Rising costs of food have strained our food budget and pantries. To meet the needs of our guests, we are hosting our inaugural Pack the Pantry food drive and introducing our Fresh Food Fund. I hope that you will join me by hosting a food drive with your friends, family, or coworkers and dropping off the donations at one of our shelters between May 8th and 11th or donating to our Fresh Food Fund. Your support is critical in addressing the health and wellness of our most vulnerable neighbors. Learn more about how to get involved on the next page.

In addition to our Pack the Pantry event, I hope to see you at our Open House at the Residential Program Center on May 16th or at our 3rd annual Spring fundraiser, '14 Stories of New Hope! We will go *Over the Edge* on June 14th at the Hilton National Landing to amplify the voices of our homeless neighbors. I hope that you will join us as a rappeler, sponsor, volunteer, or simply attend the all-day Block Party to cheer on those who bravely rappel.

Thank you for your support and your dedication to ending homelessness in our community.

With hope and gratitude,




Ashley McSwain, LMSW, MSOD  
Executive Director

## Help New Hope Housing Pack our Pantries!

We are excited to announce our inaugural Pack the Pantry food drive! New Hope Housing shelters provide breakfast, lunch, and dinner, 7 days a week, 365 days of the year to our guests. Clients in the community are also provided food baskets to supplement their pantries as they make the transition from homelessness to housing. We need your support to provide nutritious meals!

Between May 8 and 11, donations can be dropped off at one of our three shelters at the times listed below. For a full list of needed items, please visit our event page at [www.newhopehousing.org/get-involved/donate/packthepantry](http://www.newhopehousing.org/get-involved/donate/packthepantry).

### DROP-OFF LOCATIONS

-  **Eleanor U. Kennedy Shelter**  
9155 Richmond Hwy., Ft. Belvoir, VA 22060
-  **Bailey's Shelter & Supportive Housing**  
5914 Seminary Rd., Falls Church, VA 22041
-  **Residential Program Center**  
1554 Columbia Pike, Arlington, VA 22204

### DAYS & TIMES

Wed., May 8: 11 a.m.-2 p.m.

Thur., May 9: 11 a.m.-2 p.m.

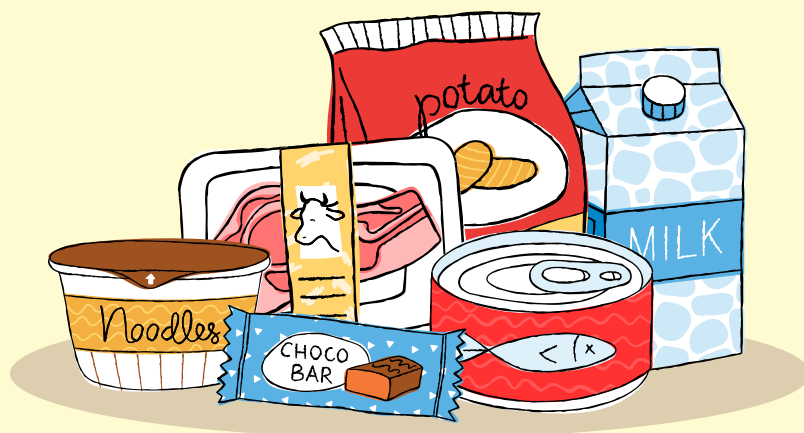
Fri., May 10: 11 a.m.-2 p.m.

Sat., May 11: 10 a.m.-4 p.m.

### Volunteer at Pack the Pantry!

Interested in volunteering for Pack the Pantry? We are in need of volunteers at each site to help receive donations from community members.

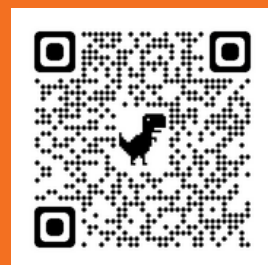
Contact Michelle Hook at 703-799-2293 x 11 or [mhook@newhopehousing.org](mailto:mhook@newhopehousing.org) for more information.



### FRESH FOOD FUND

In addition to shelf stable goods, our Fresh Food Fund will help provide vegetables, fruits, dairy, and meats, as well as assist our kitchens in enhancing the well-being of our guests.

Donate online using the QR Code or return the enclosed card to make your contribution!



## Teresa Heads Home

In Summer 2023, Teresa was excited to share her story and her hope for a brighter future. Teresa was working hard with New Hope Housing's Operation Stream Shield program multiple days a week and had just landed a job with United Airlines. Although she was working hard and planning for the future, she had not yet found a place to call her own and move out of Kennedy Shelter.

She is proud to share, though, that she moved into a home of her own in December 2023! She moved into a one-bedroom apartment in a nice neighborhood. She has a balcony and community at the apartment complex. There's a garden and an area that kids play in. The neighbors are friendly and look out for each other. She's excited to have a place of her own that her children and grandchildren can come and stay at when they visit.

Teresa has not lost the drive that she had when she was working with the Operation Stream Shield program. Her drive, motivation, and hard work helped her land a full-time contracting job with Norman, Co. doing similar work with Fairfax County. That contracting job has the potential to turn into a full-time position with Fairfax County.

Working with the OSS program helped her learn how to love her job and the work that she does. She was able to learn about the water stream, plants, and trees. She enjoys helping the environment and making the community a better place to live. Eventually, she'd like to build a vivarium to have in her apartment with different insects, animals, and fish. "I love it. It's like a rainforest. It's cool because you get to see life happen."

One of Teresa's long-term goals is still to build a drop-in center or shelter for people that are experiencing homelessness or addiction. "I have a little pot. Every time I get paid, I put in \$100. I refuse to touch it because I want to see if I can do it and I want to give back and help."

Teresa previously was a recovery coach, working with clients diagnosed with substance abuse and addiction problems. She wants to eventually earn her certifications so that she can become a coach again and design a recovery program of her own.

Although Teresa has left Kennedy Shelter, she still thinks about the staff that helped her and took an interest in seeing her succeed. Sometimes, it felt like she had lost all hope, but shelter staff stepped in and saw that she was doing the work. They helped her put people around her that helped lift her up and helped her succeed. They helped her address her mental health. "I recognized my own dreams and what I can accomplish." She admitted that she still has days that she struggles, but she thinks about her long-term goals and dreams, and she says to herself, "Let me set something up so that I can win; not so that I can fail. It's not just for me, if I win, everybody wins. I want to leave a legacy for my children and grandchildren."

Teresa still remembers working with her career coach at Deloitte's Impact Day and the confidence that they helped inspire in herself and to know that she can accomplish her dreams, despite the setbacks and hardships she has faced. We are so glad that Teresa now has a safe place to call home and a place to see those dreams come true.



**Teresa with her Deloitte coach, Krystal**



## Clarendon United Methodist Church Donates Proceeds from Tree Sales

Each Christmas season, Clarendon United Methodist Church in Arlington hosts a Christmas Tree sale. This past season, CUMC selected New Hope Housing as the beneficiary of the sales to support New Hope Housing's programs and services.

The Christmas Tree sales raised **\$17,500** - their highest grossing year yet!

We are grateful to our friends at CUMC for choosing New Hope Housing!



**New Hope Housing staff and representatives from CUMC presenting the check**

## Volunteer Groups Celebrate Dr. Martin Luther King, Jr.'s Legacy

Each year on MLK Day, New Hope Housing welcomes volunteers to celebrate his legacy with a Day of Service. Thank you to those that served with us this year!

At the Residential Program Center, sisters from the Zeta Chi Omega Chapter of the Alpha Kappa Alpha Sorority, Inc. hosted a game day with guests as well as donated towels and linens.



**Volunteers at RPC**



**Volunteers at Bailey's Shelter**

At Bailey's Shelter, the Northern Virginia NCNW partnered with local organizations to host a large donation drive, hot soup to warm the soul, and served a delicious lunch for 100 shelter guests. The donation drive collected jackets, winter gear, hygiene items, and more.

Partner organizations included Northern Virginia Alumnae Chapter of Delta Sigma Theta Sorority, Inc., NOVA Les Gemmes, Inc., Hardemon Dynasty, Inc., Project Hygiene, Inc., and We Feed Our People.

**Join Us For 14 Stories of New Hope on June 14!**  
*Attention thrill-seekers, do-gooders, and community heroes!*

We're going back *Over The Edge* on June 14! We are grateful to our presenting partners, TTR-Sotheby's International Realty and Hilton Arlington National Landing, for their support of this year's event!

Come out to the Hilton Arlington National Landing to rappel the 160-ft building or to cheer on our brave rappellers. We've partnered with Over The Edge Global once again to have an amazing experience for you. Sign up on our registration page and raise at least \$1,000 for New Hope Housing for your opportunity to rappel. When you touch down in The Landing Zone, you'll be ready to celebrate at our all-day Block Party with a DJ, food trucks, bar, sponsor booths, family friendly activities, and much more!

**Register today at [www.OTEnewhope.com](http://www.OTEnewhope.com)!**



For more info or to sponsor, please contact Sami Smyth at 703-799-2293 x 27 or [ssmyth@newhopehousing.org](mailto:ssmyth@newhopehousing.org).



**This could be YOU! Sign up as an individual or team today!**



## Thank You to our 14 Stories of New Hope Sponsors!



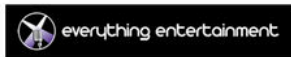
Greg & Kim Garcia



The Glenn  
Family



Pamela L. Michell



## Join us at the Landing Zone Block Party!

What greater way to kick off the summer than heading out to an all-day block party for a cause? On June 14, witness our brave rappellers descend the Hilton and into an all-day block party where friends, family, and community members will be cheering them on.

At the block party, learn more about New Hope Housing, grab a drink from The Easy Pour, a taco from Rito Loco, stop by our kids corner for face painting and balloon animals, dance to music spun by Everything Entertainment, and more!

More information at [otenewhope.com](http://otenewhope.com)!

## Summit Church Donates Welcome Home Baskets

In March, our friends from Summit Church donated 17 full Welcome Home Baskets to support formerly homeless individuals when they move into their new home!

We're grateful to Summit Church for dropping the donations off and supporting their homeless neighbors! They collected so many donations it took two full vans to transport and a team to unload!

Interested in hosting a Welcome Home Basket donation drive? Please contact Michelle Hook at [mhook@newhopehousing.org](mailto:mhook@newhopehousing.org) or 703-799-2293 x 11 for more information!



# Lunch and Learn - Workforce Development Program

Please join us for our July Lunch and Learn on July 17 at 12 p.m. - this quarter's topic will be our Workforce Development Program! Learn from our Employment Case Managers about how New Hope Housing is working with our clients to set them up for success in the workforce.

For more information, please contact Jasmine Piggie at 703-799-2293 x 23 or [jpiggie@newhopehousing.org](mailto:jpiggie@newhopehousing.org).



## Residential Program Center Open House!

Please join us for an Open House at our Residential Program Center shelter in Arlington (1554 Columbia Pike) on Thursday, May 16, 5:30-7:30 p.m.! The Open House will feature tours, information on volunteer and donation opportunities, remarks from New Hope Housing staff, and more. RSVP using the QR code or contact Sami Smyth at 703-799-2293 x 27 or [ssmyth@newhopehousing.org](mailto:ssmyth@newhopehousing.org).



It's time to rethink homelessness.

Learn More and Get Involved

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