



Nursing Program Bolsters Services Available at Shelter



Nurse Practitioners from Capital City Nurses and Georgetown University Department of Nursing provided 230 medical visits to 96 people at the Emergency Winter Shelter during the 2010-2011 season. Seventy-two prescriptions were written and filled, and 135 followup visits were provided.

Program aligned with best practices identified by the Center For Urban Community Services Report.

Last spring, A-SPAN identified the need for medical services at Arlington's Emergency Winter Shelter (EWS). Clients accessing the shelter had serious yet treatable conditions including diabetes, heart disease and hypertension. However, many were reluctant to utilize the emergency room with little or no money to pay for it.

9,759 shelter stays were provided to 372 people

In order to facilitate medical care at the shelter, A-SPAN entered into an agreement with Capital City Nurses. Arlington Community Foundation funded the program, which offers medical exams and followup care from 5-8 p.m. Tuesday through Thursday. Capital City and Georgetown University Department of Nursing staff the program with Nurse Practitioners, who can

prescribe medication. Georgetown and Virginia Hospital Center donated equipment and supplies for an exam room to be set up on the first floor.

When the shelter opened November 1, 2010, medical care was part of its services. Others included: mental health treatment; employment counseling; and housing case management, which placed seven people into apartments and

14 into longterm care at Residential Program Center this season. Overall, 9,759 shelter stays were provided to 372 people. Numbers do not tell the entire story, though. People do. According to one shelter client, "Everything that I needed was put into place for me through A-SPAN, through the shelter program, and it is the greatest thing in Arlington."





Photo by Carl Clifford

A-SPAN Named Nonprofit of the Year on 20th Anniversary



A-SPAN honors Olivia Payton for ten years of service. She started at A-SPAN by covering a friend's shift at the shelter when he became terminally sick. Ms. Payton had a full-time job, but her friend knew A-SPAN needed someone who "cares for people." She has been at A-SPAN ever since – our mission clearly her passion. She embodies the values A-SPAN was built on, with a compassion, generosity and drive to help those in need.

Read the headlines that A-SPAN generates today and it is hard to imagine a time before the organization began

"Winter-Shelter Clients Will Get Access to Nursing Services"... "County on Hunt for Venue to Host Year-Round Shelter."

A-SPAN started in the late 1980's when two Arlington women began preparing bagged meals and serving them to homeless people. In that exchange, the spirit of A-SPAN was born, though the organization was not incorporated until April 1991. Olivia Payton's words capture it best, when a volunteer hands out a meal, or an outreach worker a blanket, "You have to understand what they (homeless persons) go through."

A-SPAN has evolved over the years by understanding, advocating for the homeless and getting the Arlington community involved. Today's Homeless Bagged Meal Program relies on a network of over 1,000 volunteers from faith

groups, schools, businesses and the community. While giving someone a meal served an immediate need, more was needed to help clients facing a range of challenges including mental illness, addiction, unemployment and homelessness. A-SPAN responded.

Opportunity Place opened in 1999 as a barrier-free drop-in center where clients could take a shower, do their laundry, or work with case managers to secure identification, benefits or a job. The Permanent Supportive Housing Program began in the fall of 2007 as a way of ending chronic homelessness through housing and case management. The Homelessness Prevention and Rapid Re-housing Program began in October 2009 to help those affected by the recession remain in housing, or get rapidly re-housed. These efforts have been recognized by the Arlington Chamber of Commerce, which named A-SPAN Nonprofit of the Year for 2011.



Help Make It a Home

As clients are
housed, more
funds needed



A-SPAN is placing 10 more clients into housing. You can help Make It A Home.

Please donate to A-SPAN's Make It A Home Fund.

- \$1,000 Makes It A Home
- \$500 buys a mattress and box spring
- \$100 buys a desk and chair
- \$50 buys towels and bedding
- \$25 buys plates and cutlery

Donate at www.a-span.org. Write a check to "A-SPAN" and send in the enclosed envelope.

Make It a Home Fund has provided the following items to 38 clients since January 2010:

- 38 mattresses and box springs
- 5 dinette sets
- 3 sofas

Housing Is Her Roadmap to Wellness

"Being homeless... you are in this long, lonesome tunnel. Most days, you just want to be ignored. It's embarrassing."

Her words speak to the thoughtfulness of the woman behind them. But they also suggest an endless struggle to locate services and stay healthy as a single woman living on the streets. Originally from Arlington, Valerie Royce attended Wakefield High School and later went on to become a journalist. She had a place of her own and a career. Then life changed in an instant when Royce, a veteran, was diagnosed with Post-Traumatic Stress Disorder. "I knew what was starting but I couldn't stop it." Ultimately, it left her unemployed and homeless.

The VA placed her in a homeless shelter in DC. She describes stays there as full of "drug addicts, hardcore mentally ill and criminals." Yet her situation only marginally improved when she returned to Arlington three years ago. She slept on the floor since the shelter at the time did not have enough beds. Sharing a floor with men led to restless nights but it was better than the "open-air, Army-cot warehouses for the homeless" in DC.

Days were just as challenging. She spent many of the coldest seeking warmth in restaurants or libraries.

Ms. Royce returned to Arlington's Shelter last Thanksgiving, and was "shocked" to find nursing services and a separate space for women. Even with the nurse's care, it took nearly three months for her to recover from bronchitis and pneumonia. "I felt like I was going to give up because I was so sick. I would start to get better, and then all of us (at the shelter) re-infect each other because we spend our days on the streets." On March 18, 2011, the shuffle through shelters and the struggle to get well ended for Valerie Royce. The apartment A-SPAN placed her in is a place to get well, and sleep soundly. A place to keep a computer, and rekindle a career. As she exits her "long, lonesome tunnel," Ms. Royce knows others step inside. Always the thoughtful journalist, she realizes the power of her words, and advocated for a year-round shelter at the Arlington County Budget Hearings in March.





Encampments were snow-covered and abandoned the day of Arlington's Point-In-Time Count

Snowstorm Shortens Homeless Census, Affects Outcome



A-SPAN would like to thank: the Ballston-Virginia Square Patch, the Sun Gazette and the Arlington Connection for visiting Point-In-Time sites. A-SPAN thanks community partners who helped make the 2011 count successful: Central United Methodist Church, Santa Fe Café, Lyon Hall, volunteers from CVN and volunteers Andy Carlson and Sean Illeszky.

Annual census of homeless population ends early due to paralyzing winter storm that hits DC Metro region.

The snow storm that trapped commuters in their cars for hours throughout the DC Metro area on January 26 impacted the region in other ways. The Point-In-Time Count (PIT), an annual nationwide census of the homeless, took place on the same day as the paralyzing winter storm. Service providers such as A-SPAN rely on the PIT Count to get a “snap shot” of homelessness in their jurisdictions. This helps align services to needs, and impacts funding. However, while the heavy snow and ice brought some individuals to shelters, many others dispersed.

“It was the count of homeless individuals on the streets that was impacted,” A-SPAN Executive Director Kathleen Sibert states. “Normally, the count goes on until midnight, and we have teams

of people going to the various encampments but it was called off at 4 p.m.” While the count resumed the following night, “due to all the snow on the ground, people had moved from their encampments.”

nearly 60% of Arlington's homeless population are single adults living on the streets

This year's PIT counted 461 homeless people in Arlington, a reversal of a trend that saw a 30% increase the last three years. Last year, the number of homeless reported was 531. Of the 461 homeless people in

Arlington, 267 or nearly 60% are individuals living on the streets, the population that A-SPAN supports. “The Point-In-Time Survey is very important, as it allows us to assess how we are doing on Arlington's 10-Year Plan to End Homelessness,” says Sibert. Though housing providers such as A-SPAN have made progress, Sibert believes that the number of people living on the streets is still much higher than the abbreviated 2011 PIT Count reports.



VOTE FOR A - S P A N

(ARLINGTON STREET
PEOPLE'S ASSISTANCE
NETWORK)
ON

WEDNESDAY

JUNE 22, 2011

IN THE
TOYOTA
100 CARS
FOR GOOD
PROGRAM

 TOYOTA

100

CARS
FOR GOOD

A-SPAN HAS BEEN SELECTED AS A FINALIST WITH A ONE-IN-FIVE CHANCE TO WIN A 2011 TOYOTA SIENNA

Vote for A-SPAN (Arlington Street People's Assistance Network) on Wednesday, June 22, 2011 in the Toyota 100 Cars For Good Program.



SIGN UP AND SPREAD THE WORD TODAY

- Go to <http://apps.facebook.com/carsforgood/>
- Click on “View Contestants”
- “Search by Date”
- Select June 22 to see A-SPAN's profile
- Click “Remind me to vote on this day” for an email reminder
- Tell your friends on Facebook, Twitter, email and in person

VOTE FOR A-SPAN ON JUNE 22

- Cast your Vote on <http://apps.facebook.com/carsforgood/>
- Share with Facebook friends and Twitter followers and **ask them to vote**
- **Vote early in the day** to help spread the word - opens 6 A.M. EST

HOW A-SPAN WOULD USE A NEW TOYOTA VAN:

A person living on the streets is at their most vulnerable, hungry, facing the elements, often struggling with mental illness or poor health, and in dire need of help. For these people, A-SPAN's Outreach Program is the link from the streets to services. A new Toyota van helps A-SPAN find clients, provide them services on the streets, and transport them to Opportunity Place, where they begin to rebuild their lives.

ABOUT A-SPAN:

A-SPAN provides life-sustaining services for Arlington's street homeless. Our mission is to secure permanent housing for one of Arlington's most vulnerable populations through outreach and relationships built on trust and respect. A-SPAN provides supportive housing, eviction prevention, employment counseling, case management, shelter, meals, medical care and more to over 1,800 people

A-SPAN's Women of Vision

Shape Services



Kathleen Sibert was named a finalist for the Woman of Vision award by the Arlington Commission on the Status of Women for efforts to expand opportunities for and meet health and safety needs of homeless women. Pictured (from left): Katie Brinkley, new Opportunity Place Case Manager, Ms. Sibert, and Ayana Bellamy, new Housing Case Manager.



In Memoriam John Smoot, age 61, received a full military honors burial service at Quantico on April 7. He served in the US Army from 1978-91, later ran into financial hardship and became homeless. Just five months after A-SPAN placed Mr. Smoot into housing, he died of cancer.

Arlington: A Community that Cares

A-SPAN supporters from neighborhood schools, churches and businesses helped raise \$191,222 for homeless services.

Arlington cares. Once again, that message was heard loud and clear as over 3,400 people participated in the Fannie Mae Help-the-Homeless Walkathon on behalf of A-SPAN.

Altogether, supporters of A-SPAN helped the organization raise a total of \$191,222 that directly supports our mission to end homelessness in Arlington County.

Mini-Walks took place at 22 neighborhood schools, churches and businesses during October and November leading up to the Walk on the National Mall on Saturday, November 20, 2010.

A-SPAN reached the total due to your overwhelming support. A-SPAN earned a \$50,000 bonus for recruiting 3,000 walkers. Friends of A-SPAN sponsors raised an additional \$60,000 through their donations and match funds from Fannie Mae.

A Special Thanks To:

Arlington Church of Christ, Arlington Metaphysical Church, Arlington Traditional School, Ashlawn Elementary, Bancroft Elementary (DC), Carlin Springs Elementary, Central United Methodist Church, Clarendon Alliance, Faith Lutheran Pre-School, Fitness Break, HB Woodlawn Program, Jamestown Elementary, KIPPDC Will Academy, Nottingham Elementary, NOVA Catholic Community, Our Savior Lutheran School, Patrick Henry Elementary, Randolph Elementary, St. Peter's Episcopal, Tuckahoe Elementary, Unitarian Universalist Church of Arlington, Wakefield High School





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A-SPAN Dates to Remember

- **Wed. June 22**
Vote for A-SPAN on Facebook to win a van in the Toyota 100 Cars for Good Program
- **Sat. November 19**
Walk for A-SPAN in Fannie Mae's Help-the-Homeless Walkathon
- **Friday December 9**
20th Anniversary Gala

Thinking of Buying A New Car?

Donate your used vehicle to A-SPAN, support our mission and get a tax deduction. Call 1-877-95A-SPAN

If you're buying a new car this spring, please consider donating your used vehicle to A-SPAN. Your used car, truck, SUV or even boat supports our mission to end homelessness in Arlington.

You'll get free towing and a tax-deduction and know that your car is doing more than sitting on a dealership's lot. Call 1-877-95A-SPAN or visit www.a-span.org to Donate Today!

