

# SacredHeartBeat

Winter 2006

## A MESSAGE FROM THE EXECUTIVE DIRECTOR . . .

After her mother died, 55 year-old Corrine Romana left Oklahoma City with the intention of finding a job in California to be near her daughter, Pam, and her granddaughter, Carmel. She quickly determined that the lives they were leading would not be conducive to developing healthy relationships with her, so she returned to her home state. When the depressed economy in Oklahoma prevented her from finding work, Corrine decided she needed a change. Her son Tony lived in Denver, and with his encouragement, she decided to move to Colorado to make a new life for herself.

Corrine's experience as a cook in a nursing home allowed her to find work quickly. Within two weeks, while she stayed with her son, she secured a part time job providing home health care on the weekends. Responding to his mother's eagerness to regain her independence, Tony gave Corrine a small resource guide, *Help in Winter*, so she could find a place to stay, while she saved enough money for her own apartment. For some reason, the name *Sacred Heart House* caught her attention. A phone call resulted in an appointment with a case manager, and the following day Corrine became a resident at the shelter. After a month, with the support of the staff, she moved into an apartment at 19th and Logan and settled into her new life.

Corrine's journey to self-sufficiency through Sacred Heart House of Denver took place 17 years ago, but the road she traveled is the same as that of her successors, the homeless mothers with children and single women who come to

Sacred Heart House of Denver today. Some of their stories are found inside this newsletter. You are making their journey possible. The financial and in-kind support of individuals, foundations, businesses, faith-based and social service organizations help Sacred Heart House of Denver provide the opportunity for almost 300 people each year to leave homelessness behind and keep at least 900 former residents from becoming homeless again. We are grateful.

Corrine returned to Sacred Heart House of Denver three and a half years after she left, this time to answer the telephone as a volunteer during weekly staff meetings. With the intention of giving something back to those who had helped her, Corrine's volunteer time at Sacred Heart House of Denver increased over the years. Recently, however, complications from diabetes have caused her visits to Sacred Heart House to become infrequent. She now lives in an apartment near Tony, who continues to look after her, still respecting her need for independence.

Like so many former residents in our Follow-Up Program, Corrine keeps in touch with us and considers the staff at Sacred Heart House of Denver "her second family." She echoes the voices of others who have made the same journey she has, when she says she doesn't know where she'd be without us. We, at Sacred Heart House of Denver, echo *their* sentiments, when we say we don't know where any of us would be without you!

Janet Morris ♥

## KATHLEEN CLENIN EMPOWERS WOMEN AT SHHD

Kathleen Clenin's passion for helping abused women and children was nourished by the three years she spent as a victim's advocate with AMEND (Abusive Men Exploring New Directions), a nonprofit organization working to end domestic violence by providing

counseling to men who have been abusive, advocacy to their partners and education to the community. In 1999, Program Assistant Joline Sanchez invited Kathleen to begin making presentations to residents of SHHD during Tuesday  
*(continued on page 3)*

The photos are unavailable in this issue of Sacred HeartBeat. Please enjoy our articles and look for our next colorful issue! Thanks.

Corrine enjoys a visit with her son, Tony.

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# SACRED HEART HOUSE WELCOMES COLORADO VINCENTIAN VOLUNTEER MEGHAN SALVESON

After the departure of Bergen Fogg last summer, Colorado Vincentian Volunteer Meghan Salveson became In-House/Follow-Up Case Manager at Sacred Heart House of Denver. In addition to studying in France, Meghan has worked with Catholic Relief Services in Senegal, the YWCA in Belize and the International Rescue Committee with refugees from Somalia, Ethiopia and Georgia. Her passion for diversity and her interest in conflict management serve her well in her work at Sacred Heart House of Denver.

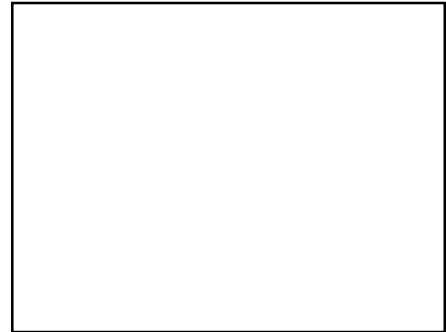
By Meghan Salveson

*Last year at this time, I never would have guessed I would be a case manager at a homeless shelter for women in Denver, especially since I was graduating with a B.A. in International Studies. I had envisioned myself traveling or working abroad. Luckily, providence led me to Sacred Heart House of Denver where I am learning what I could only learn through the new relationships I've developed with the residents and staff.*

*Born and raised in Juneau, Alaska, you may be wondering just how I arrived here. My journey to Denver began to take shape when I decided to apply to be a Colorado*

*Vincentian Volunteer (CVV) during my senior year at Seattle University. CVV is a Catholic volunteer program, where young adults spend a year working in various organizations that provide services for the poor. Sacred Heart decided to take a risk and, for the first time, partnered with CVV. After speaking with Janet on the phone, I thought, "Why not try something new?" Then I crossed my fingers, hoping I would be a good match for the organization.*

*Three months into the program, I can say that at least I have made it through this far. Quite honestly, I truly enjoy my work here and continue to learn each day about the different faces of homelessness, how to interact with people and keep a shelter functioning. Before my work at Sacred Heart, I ascribed the adjective, homeless, to people we see on the streets each day, mostly single, wearing tattered clothes and holding signs. Now I see that this adjective applies to well-dressed women, to families and to people very similar to myself. Not only has my work opened my eyes to a new face of homelessness, it has also given me the opportunity to hear the stories of many resilient women who have lived through experiences I never contemplated growing up with such a privileged background.*



Meghan leads a discussion with residents.

*I have also learned that helping to manage a shelter means being flexible, which requires a sense of humor, as I am faced with a situation where three people want to see me, the door bell rings and two phone lines are still on hold. My philosophy of one moment at a time works for me... at least usually!*

*I am truly grateful for the opportunity to work at Sacred Heart House and to soak in so much new knowledge. Surprisingly, the cultural diversity I envisioned encountering this year by traveling abroad, I have discovered by simply riding my bike a mile to work. Nevertheless, having been presented the opportunity to study abroad next year in West Africa through the Rotary Ambassadorial Scholarship, I am willing to travel a few extra miles for a different cultural immersion experience. ♥*

## ST. MARY'S OF LITTLETON FAITH & FAMILY GROUP REACHES OUT TO SHHD

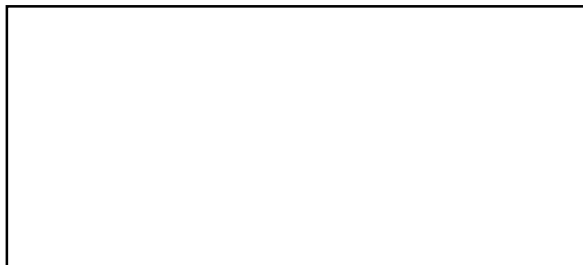
Each month 25 to 30 mothers from St. Mary's Church in Littleton meet as a small faith community. Since 1999, this faith-based gathering has held inspirational discussions, helped resolve issues affecting one another's families and reached out to the community. Their outreach has focused on the women and children at Sacred Heart House of Denver since 1999.

The Faith & Family Group nourishes our residents with monthly dinners and sack lunches and meets the ongoing needs of Sacred Heart House by

collecting everything from shampoo and hygiene supplies to laundry detergent and toilet bowl cleaner. Faith & Family mom-created birthday bags, filled with cake mix and frosting, balloons and party decorations and paper plates and napkins, make it possible for Follow-Up moms to

celebrate birthdays for their children.

We applaud and appreciate the connection between Faith & Family and the mothers who need help at Sacred Heart House of Denver. ♥



Faith and Family Group  
from St. Mary's of Littleton

## TRANSITIONAL HOUSING RESIDENT COMPLETES PROGRAM, RECOUNTS EXPERIENCES

Through its Transitional Housing Program, Sacred Heart House of Denver provides affordable housing and case management for six mothers with children who commit to increasing their employability and their chances for permanent self-sufficiency through further education. Nicole P. recounts her personal experience in the Transitional Housing Program, as she moves into her new apartment.

*I moved to Denver in May 2005, from West Palm Beach, Florida, with my son, Aidan, who was one year old at the time. I was at Sacred Heart House the second day after my arrival. Bergen, a staff member at the time said, "This is the only shelter of its kind in the city," which was the reason I came. Aidan and I stayed at the shelter for about a month and a half to two months before we were accepted into the Transitional Housing Program.*

### COLORADO HMIS TO IMPROVE HOMELESS SERVICES

Sacred Heart House of Denver is in the process of complying with Colorado Homeless Management Information System (HMIS) requirements. Colorado HMIS is an online computerized data collection tool designed to collect information on the characteristics and service needs of persons experiencing homelessness.

The system will allow authorized personnel to input, use and receive information about an agency's own

### KATHLEEN CLENIN *(continued from page 1)*

evening living skills classes. Kathleen's association with AMEND ended, but her positive influence on the residents of SHHD continues.

Although women who stay at SHHD are not in active domestic violence situations, many have domestic violence issues in their past. Kathleen's workshops focus on empowering them by discovering and utilizing their own strengths and resources. By giving

*I began to attend classes at the Community College of Denver in the fall. In February 2006, I received a Certificate in Early Childhood Education, which allowed me to work at a childcare center as a group leader/teacher's assistant. When I completed my classes, my GPA was 4.0 for the first time in my life! As required by Sacred Heart House, I attended parenting classes at Marjory Reed Day Nursery and attended NA meetings every Saturday. Aidan took toddler swim classes.*

*I enjoyed where I lived as far as the area goes. Recurring plumbing problems were the only difficult part of my stay. My neighbors were very nice, and Aidan's childcare center was around the corner. Toward the end of my stay, it became my place of employment.*

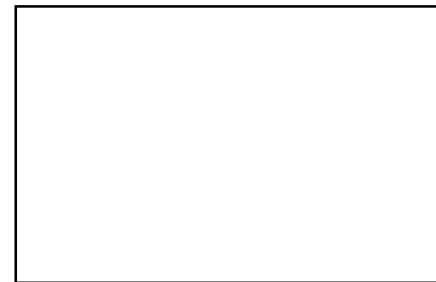
*Mandatory weekly meetings helped me to budget better, plan and organize my home. I now feel as though my family can expect the unexpected. I have saved and plan to purchase*

clients and to share information with other agencies on common clients.

According to Andy Johnson, Homeless Programs and Information Specialist, for the Colorado Department of Human Services Supportive Housing and Homeless Programs, information gathered through the Colorado HMIS will help identify gaps in local service continuums and develop appropriate community-oriented responses to address housing and service delivery needs of homeless individuals. ♥

women the tools to create healthy relationships themselves, they become positive role models for their children. Kathleen's involvement with women at Sacred Heart House of Denver is not limited to her scheduled presentations. Over the past seven years, she has contributed school supplies, backpacks, Christmas baskets for mothers, self-help books, clothing and household items.

*a car in the next year, and I'm expecting my second boy in February 2007.*



Joline and Nicole

*I tell anyone looking for housing to call Sacred Heart House because of the good experiences I had in this program. To this day, I still talk to a friend I met and kept from the shelter. I truly do not know where I would be, if it were not for Sacred Heart House. ♥*

### WE REMEMBER...

♥ Christina Alarcon, who passed away on March 4, 2006, beloved daughter of volunteer Arthur Alarcon and his wife, Socorro.

♥ Jack Gustafson of Gustafson Heating and Air Conditioning, Inc., who passed away on August 21, 2006. Jack, a member of University Hills Rotary Club, donated labor and parts to replace the furnace and air conditioning system in a transitional housing unit last year.

*~Our thoughts and prayers are with their families and friends. ♥*

Kathleen's efforts to educate the community on such topics as teen dating, job success, parenting skills and the effects of domestic violence on children have earned her the 9 Who Cares Award, the J. C. Penney and Montessori Awards for Volunteers and Volunteer of the Year Awards from Safehouse Denver and Jefferson County at Family Tree. Although Kathleen is grateful for the recognition of her work, she says that her "greatest award is knowing that what I do helps other women and their children." SHHD is honored to be associated with Kathleen Clenin and adds its appreciation to her awards. ♥

# IN-HOUSE PROGRAM GIVES SHHD RESIDENTS A NEW START

*The mission of Sacred Heart House of Denver is to help homeless mothers with children and single women achieve and maintain self-sufficiency. Case management, resources and encouragement enable women to find the inner strength to rebuild their lives. Following are profiles of some of the women who, with the help of the In-House Stabilization Program, successfully found homes of their own.*

## **LOUANNE R.**

Louanne R., 37, came to Sacred Heart House of Denver when she could no longer stay with her family. Although she struggled with multiple mental illnesses, she was able to focus on finding housing for herself and her pregnant 15-year-old daughter, Lisa. Through the Community Reach Center, a mental health provider in Adams County, she secured a Section 8 Voucher, and mother and daughter were able to move into a townhouse in Commerce City. With encouragement from Louanne, Lisa may attend Florence Crittenden School for pregnant girls to continue her high school education and prepare for motherhood.

## **CHRISTI M.**

Christi M., 21, literally brought new life to Sacred Heart House of Denver, when she gave birth to baby Moses during her stay in September. She came to the shelter with her two-year-old son, Elijah, after her husband went to jail. With two children to support, she applied for help through the Temporary Aid to Needy Families (TANF) Program at Denver Department of Human Services. In addition to finding housing, Christi realized that she would need to find a way to support her family. After being accepted by Parent Pathways, a transitional housing program for young mothers, she enrolled in classes

at Emily Griffith Opportunity School to become a Certified Nursing Assistant.

## **PEGGY H.**

Peggy H., 29, came to Sacred Heart House of Denver, after leaving a domestic violence situation. In spite of feeling scared and isolated, she was determined to get back on her feet and reestablish her self-reliance. Her persistence paid off: In less than a month, she found employment as a waitress, sought the medical attention she needed for Post Traumatic Stress Disorder and found housing through New Genesis.

## **VICKY B.**

Leaving an abusive husband, Vicky B., 48, took her 15-year-old-son, Raul, and fled to safety at her sister's home. When a fire destroyed her sister's house, Vicky and Raul had to resort to staying in a shelter. Without any other options, Vicky applied for benefits through the TANF Program. With its support, she enrolled in classes at Emily Griffith Opportunity School and began working toward a certificate in the Medical Assistant Program. After a month at Sacred Heart House of Denver, mother and son moved into transitional housing through Family Homestead. Raul attends North High School, while his mother continues her efforts to resolve custody issues with Raul's father.



Ann and Sara display their art projects.

## **ANN M.**

Ann M., 56, and her daughter Sara, 10, were sleeping in their car before they arrived at Sacred Heart House of Denver last July. After a fall inside her home, Ann required multiple surgeries on her leg. The injury, exacerbated by complications from diabetes, left Ann disabled and resulted in the loss of an administrative job she had held for 15 years. She subsequently lost her home. During a living skills class at Sacred Heart House of Denver, through Community Housing Services, Inc., Ann connected with a representative from STRIDE, who facilitated her entry into its transitional housing program. Ann and Sara moved into an apartment in Lakewood. Sara continues to thrive in her fourth grade class, as she did throughout her mother's ordeal. ♥

## **WFS FINANCIAL DOES IT AGAIN!**

At an employee staff meeting at WFS Financial Regional Business Center on October 30, 2006, RBC Manager Wade Middleton presented a check for \$18,824.14 to Sacred Heart House of Denver's Executive Director, Janet Morris. The gift represented the proceeds from the 2006 WFS Financial Golf Challenge held at the Ridge at Castle Pines on September 19th. The tournament raised \$3,800 more than anticipated, due to the amazing support from auto dealers and vendors garnered by tournament Chairman Eryn McNearney. Sacred Heart House of Denver is honored to partner with WFS Financial in providing services for its homeless residents for the fourth year in a row! ♥



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

## SPECIAL THANKS TO. . .

- ♥ Parents and students of CHERRY HILLS VILLAGE, GREENWOOD, LAURA INGALLS WILDER, MARK TWAIN and RUNYON ELEMENTARY, FLORENCE CRITTENDON and ST. THOMAS MORE SCHOOLS and the STUDENTS of MULLEN HIGH SCHOOL, the FAITH AND FAMILY GROUP at ST. MARY'S CHURCH, and all the individuals and families who bring dinners and share their time with our residents.
- ♥ Employees of the CITY AND COUNTY TREASURY DEPARTMENT, 9CARES COLORADO SHARES and DREW SHIVELY and MRS. RODRIGUEZ'S 1st GRADE CLASS at AVE MARIA CATHOLIC SCHOOL for donations of food.
- ♥ The ARCHBISHOP'S GUILD and ST. ANNE'S CIRCLE for their Christmas contributions.
- ♥ AVE MARIA PARISH for Christmas in July and Christmas in December and EMPLOYEES of THE DENVER FOUNDATION, INES O'BRIEN, KEN SMITH, WILLIAM FISHER, DAVE MCKINLEY, CLAUDIA JASPER, and ST. VINCENT DE PAUL PRESCHOOL for hygiene and cleaning supplies, diapers, paper products, socks and underwear.
- ♥ CYNTHIA DAVIS for diapers and LIGHT OF THE WORLD CATHOLIC CHURCH for diapers and wipes.
- ♥ OUR LADY OF FATIMA PARISH for food boxes at Easter and Thanksgiving and LIGHT OF THE WORLD PARISH, OPPENHEIMER FUNDS, the DENVER RESCUE MISSION, GHP HORWATH, P.C., ERIK OSBORN and OSBORN DEVELOPMENT, DFAS-POCE/DE and HARRIS KOCHER SMITH for turkeys, food boxes and food certificates for Thanksgiving.
- ♥ STEVE COMINSKY and the ROCK BOTTOM RESTAURANT for hosting THANKSGIVING DINNER and the CHOP HOUSE RESTAURANT for hosting Christmas dinner and donating gifts for our residents.
- ♥ SPIRIT OF CHRIST, ST. MARY'S, AVE MARIA, OUR LADY OF LOURDES, HOLY CROSS, ALL SOULS and ST. MARK PARISHES, VILLAGE BAPTIST CHURCH, WILLOWS CHILD LEARNING CENTERS, LADIES OF AMERICA, UBS, FLORENCE CRITTENDON SCHOOL, GALLERIA OFFICE TOWERS, TERRA VISIONS/ VENTANA CAPITAL, NOBLE ENERGY, INC., HARRIS KOCHER SMITH, J R ENGINEERING, UNITED PARCEL SERVICE, PEBC, PAPPADAEUX SEAFOOD KITCHEN, MATRIX CAPITAL, CENTRIX FINANCIAL, LEONARD and MELISSA LOPEZ and TOWING FOR TOTS, TIM COMPTON and DENVER FIRE DEPARTMENT STATION 14, the AMERICAN GI FORUM YOUTH GROUP, CAROL HOEFER and CURVES on Colorado Boulevard at Yale, BODY STATEMENT GYM and ALL the INDIVIDUALS, FAMILIES and BUSINESSES who contribute gifts for residents and adopt families in our Follow-Up Program to make their Christmases bright.
- ♥ CAROL MOLNIA and ROCKY MOUNTAIN GOOD BEARS and DAVE MCKINLEY for teddy bears and stuffed animals to welcome and comfort young residents.
- ♥ JAMES THOMAS and the DENVER FAMILY INSTITUTE for providing pro-bono family therapy interns to help residents identify and begin to address problems related to their homelessness and PAMELA "SUNNY" MARSH, for going beyond her commitment to provide therapy for the residents of Sacred Heart House of Denver, as well as transitional housing residents and members of our Follow-Up Program.
- ♥ MARY BETH RAICHART and MARY'S CHOICE and the LADIES OF ST. FRANCIS CIRCLE at ST. JUDE CATHOLIC CHURCH for baby layettes.
- ♥ PAT WRIGHT and ST. MARK CATHOLIC CHURCH, DOLORES RAEL-TAPIA and the LADIES AUXILIARY OF THE KNIGHTS OF COLUMBUS for King Soopers Gift Certificates.
- ♥ BETTY PROCTOR and HELPING HEARTS AND HANDS, CHERRY CREEK PRESBYTERIAN CHURCH and FRIENDS OF MAN for responding to our residents' crises.
- ♥ RUSS BACON and GEORGE SANCHEZ (Joline's dad!) both also known as SANTA CLAUS, for entertaining our in-house residents and transitional housing residents, respectively.
- ♥ ALLIED HOUSING for organizing our pantry and bed linens.
- ♥ ELLEN ANNIS for new Tupperware for Follow-Up families.
- ♥ JEFF FRANK and EXEMPLA-SAINT JOSEPH HOSPITAL for copy paper.
- ♥ KROSKY CARPET, INC. for 26 yards of carpet for one of our transitional housing units and PAT THORPE for installation supplies.
- ♥ BOB BROWN and the R. C. BROWN COMPANY for coming to the rescue and making a doorway in the wall of our transitional housing unit, so we could access and replace a faulty water heater.
- ♥ HIGHLAND SENIOR CENTER QUILTING GROUP for quilts and lap blankets.
- ♥ The DENVER SKIN CLINIC for donating skin care items.
- ♥ SHELLEY HARWELL for new games for our resident children.
- ♥ SPIRIT OF CHRIST SMALL CHURCH COMMUNITY for nine beds-in-a-bag to help residents decorate their new bedrooms when they move from the shelter to their own homes.
- ♥ KATY HOXWORTH, CAMILLE WRIGHT and her family, the AMERICAN GI FORUM YOUTH GROUP, PAT WRIGHT and ST. MARK CATHOLIC CHURCH, KATHY CLENIN, RONALD and JENNIFER ZACH and MAUREEN BROOKS for school supplies and backpacks.
- ♥ GREENWOOD ELEMENTARY SCHOOL LEADERSHIP COUNCIL and ROCK CANYON HIGH SCHOOL for their donations of books.
- ♥ BETSY THURSTON for her work in establishing Sacred Heart House with FLOWERS FOR A CAUSE.
- ♥ RED ROBIN at Park Meadows for their donation of food.
- ♥ CHUCK JOHNSON for delivering bread and baked goods.
- ♥ TONY LOPEZ for delicious burritos and tamales he brings for lunch.
- ♥ SR. ELEANOR SHEEHAN for new shoes and JIM SHEEHAN for delivering them.
- ♥ GERI THOMPSON for handmade vests.
- ♥ CATHERINE and JAMIL SAFIEDDINE for gifts and gift cards to Target and REBECCA WELLS for WalMart gift cards.
- ♥ VALERIE HAAS and TROOP 2329 for bringing dinner and hygiene items, GIRL SCOUT TROUPS 2753, 2823 AND 1614 for Girl Scout Cookies.
- ♥ PHOEBE CONDON and TROOP 929 for bringing dinner and restocking our arts and crafts closet.
- ♥ JAN KEIFER and the LABOR AND DELIVERY STAFF OF EXEMPLA-SAINT JOSEPH HOSPITAL for new toys, games, baby care, cleaning and hygiene supplies throughout the year.
- ♥ LENS CRAFTERS of PARK MEADOWS for glasses for our residents.
- ♥ The BOTANIC GARDENS for donating free passes for weekend recreation for our residents.
- ♥ The MEMBERS of UNIVERSITY HILLS ROTARY CLUB for removing and replacing the pea gravel in our large playground with kid-friendly recycled tire material, the holiday party for transitional housing families and Christmas gift donation.
- ♥ The CONFLICT CENTER, TCF BANK, COMMUNITY HOUSING SERVICES, INC., F.A.C.E.S., U S BANK, RAAP, MENTAL HEALTH ASSOCIATION OF COLORADO, and NINE TO FIVE for providing speakers for living skills classes throughout the year and intern CHRISTINA GUTIERREZ, KATHY CLENIN and BETH PATRICK for their presentations.
- ♥ . . . and thank you to ALL OUR VOLUNTEERS, including those from RSVP, who manage SACRED HEART HOUSE from 6 to 10 each evening and on Sunday mornings and afternoons, those who cook faithfully each Sunday and those who provide childcare on Tuesday and Wednesday evenings; JIM WALSH, SABINA EXNER and STUDENTS from REGIS UNIVERSITY, who volunteer at Sacred Heart House of Denver through the SERVICE LEARNING PROGRAM at REGIS UNIVERSITY; JOE VALENCIA for cooking Sunday breakfast; LEE MONTROYA for cooking special holiday dinners and planning holiday parties for residents; CONNIE CURTIS for staying overnight each Tuesday and BILL COLEMAN, aka "STRETCH" THE CLOWN, for cleaning our windows.



University Hills Rotarians gather with Garrett Singer (right, 2nd row from bottom) after playground project.

DURING OUR 2005 / 2006 FISCAL YEAR: 275 homeless individuals, 80 mothers with 134 children and 61 single women, had the opportunity to leave homelessness behind at SACRED HEART HOUSE OF DENVER. Almost 900 former residents, 225 families with 576 children and 59 single women, participated in the FOLLOW-UP PROGRAM. Six mothers received affordable housing and case management through our TRANSITIONAL HOUSING PROGRAM.

Sacred Heart House of Denver  
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## ENTERPRISE ZONE CONTRIBUTIONS: GOOD FOR SACRED HEART HOUSE AND ITS DONORS

Donations of \$250 or more to Sacred Heart House of Denver 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. You will receive a "Certification of Qualified Enterprise Zone Contribution" form from Sacred Heart House. This form is attached to your Colorado Income Tax Form, when you do your 2006 taxes. Enterprise Zone contributions must be received by December 31, 2006, to be eligible for the tax credit. ♥

**Please visit our Website:**  
**[www.sacredhearthouse.org](http://www.sacredhearthouse.org)**  
**303-296-6686**

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