



The Well In The Desert News

Poverty Prevention

Intervention

Advocacy



Hedy Lamarr

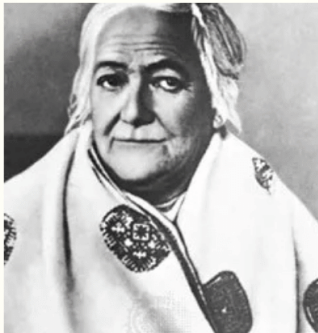
PRESIDENT'S MESSAGE

Message from the President of the Well in the Desert

Homelessness is an issue that seems to bring out the best, and the worst in people. I read so many positive comments from people who are deeply compassionate to the plight of those who sleep out in the streets on these freezing nights, and I read equally comments that are so hateful as to make my skin crawl.



Arlene Rosenthal



International Women's Day

Of course, after 21 years of spending hours a day with those who are homeless I have many opinions, and many feelings about the subject, and about the people the Well in the Desert serves.

Daily I see the worn out older people, neither drug addicts or alcoholics, struggle in, attempted smiles on their faces, who many times suffer from mental problems all due to their circumstances, and not being attended to.

I also see the dissolute, men and women, who are dirty, on drugs, who do not care about anything or anyone, and especially are not into self care. Sometimes it is hard to handle the emotions of seeing people who seem to be purposefully throwing away their lives.

Some of our homeless population are NOT allowed to come into our hot meals sites due to their unlawful, unruly, and dangerous behavior; but we do give them food and ask them to leave. We generally do not refuse food to people, unless they have shown themselves to be dangerous.

CONTINUED ON PAGE 2

PRESIDENT'S MESSAGE

Homeless people come in all shapes and forms, from rich people, middle class people, working people, struggling people. They are of all races, different genders, all with different problems. One size does not fit all.

In many instances some people tend to think of homeless people as all the same, which is not true. There are many who want to "demonize" all homeless people, rather than look at all the different types of people, and all of the ways they are different, and have come to this position.

For years I have pleaded with the powers that be to include a handful of homeless people at the table for discussion on how to remediate the problems caused by homeless people. They are the reasons for many societal problems; let's find out from them how to help fix them. But this has never happened; all decisions are made from the top down, from people who have never even known homeless people, or ever had their boots on the ground.

I checked out the major religions to see how they thought of homelessness; and each one had a compassionate way of looking at it. There was nothing anywhere to suggest that we isolate, incarcerate, punish those suffering. Their philosophies were all about compassion.

I found an interesting article about a study of peer-based assistance to those homeless. It was something done in Scotland, but maybe we can apply something similar here. Here is the conclusion of their study:

People who are homeless have worse physical and mental health, and higher rates of drug/alcohol (substance) use, than the general population. For people experiencing these challenges, completely stopping the use of substances can be difficult. Harm reduction services can be useful in reducing risks. Approaches delivered by people who have had similar experiences (peers) are also promising. Some research has highlighted the importance of trusting relationships with service staff. More research is needed on how all of these should work with people who are homeless and who use substances. This study consisted of four 'Peer Navigators' providing practical and emotional support to a group of people who are homeless and use substances to help improve their quality of life and health. The Peer Navigators had similar past experiences. The Peer Navigators were hired, and worked with around 15 'participants' each, for 2-12 months. They were based in third-sector homelessness residential and outreach services in Scotland and England. The Peer Navigators developed relationships with participants. They worked with (and often accompanied) them to access services, such as substance use treatment, health care, housing and welfare/benefits. The Peer Navigators had access to a small budget to pay for essentials, including food and bus fares. The relationship between the Peer Navigators and participants was most important, so the Peer Navigators spent time getting to know and listening to them. The aim was to understand if this intervention could be delivered to individuals experiencing these challenges. This study was not designed to know if the intervention worked; a larger study is needed for that. Despite some challenges, the participants were able to make positive changes to their lives, and they valued working with their Peer Navigator. The Peer Navigators enjoyed their roles and staff generally supported the intervention. The next step is to conduct more research to assess if this intervention can make a difference.

Once again I would like to suggest that we have much more accountability in our dealings with homelessness, that we all sit down at the table to do the absolute best we can do to help our community and to deal with this very fragile group of people in a compassionate manner.

If you have any questions or would like to offer your ideas, I can be reached at Rose1944@aol.com or (760) 285-7297.

Arlene

International Women's Day



Clara Zetkin

Honoring the achievements of women and women's rights.

International Women's Day (IWD), day (March 8) honoring the achievements of women and promoting women's rights. A national holiday in numerous countries, it has been sponsored by the United Nations (UN) since 1975.

International Women's Day (IWD) grew out of efforts in the early 20th century to promote women's rights, especially suffrage. In its campaign for female enfranchisement, the Socialist Party of America in 1909 held the first National Woman's Day, which was highlighted by mass meetings across the United States; the day was observed until 1913. Encouraged by German activist Clara Zetkin, the International Socialist Congress agreed in 1910 to create an international version of the U.S. holiday, and on March 19, 1911, the first IWD was held in Austria, Denmark, Germany, and Switzerland. More than one million people attended rallies marking the day. In the ensuing years the IWD was celebrated in additional countries and on varying dates. On March 8 (February 23, Old Style), 1917, women in Petrograd (St. Petersburg), Russia, marked the day by staging a strike to protest food shortages, poor living conditions, and World War I. This strike for "bread and peace" helped give rise to the Russian Revolution of 1917, which led to the abdication of Nicholas II on March 15 (March 2). In 1921 the date of the IWD was officially changed to March 8.

PIONEER FOR SOCIAL CHANGE
JANE ADDAMS



Getty Images

WOMAN HERO

Suffragist, settlement house founder, peace activist and Nobel Peace Prize winner, Jane Addams rejected marriage and motherhood in favor of a lifetime commitment to social reform.

Addams and her friend, Ellen Gates Starr, traveled to England in 1881, where they were inspired by the famed Toynbee Hall in London—a special facility to help the poor. In 1889, they moved into an old mansion in an immigrant neighborhood in Chicago, where Addams lived for the rest of her life.

Hull-House, as it was named, provided a place for immigrants of diverse communities to gather. Addams and other Hull-House residents sponsored legislation to abolish child labor, establish juvenile courts, limit the hours of working women, recognize labor unions, make school attendance compulsory and ensure safe working conditions in factories.

Addams wrote and lectured, openly opposing World War I. After the armistice, she founded the Women's International League for Peace and Freedom, serving as president from 1919 until her death in 1935. Remembered as the mother of social work, Addams shaped social legislation that continues to impact the world today.

INVENTED TECH BEHIND WI-FI

HEDY LAMARR



Getty Images

ACTRESS/INVENTOR

Often called “The Most Beautiful Woman in Film,” Hedy Lamarr was more than what met the eye. While Lamarr’s screen presence made her one of the most popular actresses of her day, she was also an inventor with a sharp mind. Along with avant-garde composer George Antheil, Lamarr developed a new method of “frequency hopping,” a technique for disguising radio transmissions by making the signal jump between different channels in a prearranged pattern.

Their “Secret Communication System” was created to combat Nazis during World War II, but the U.S. Navy ignored their findings. It wasn’t until years later that other inventors realized how groundbreaking the work was. If you use a smartphone today, you can thank Lamarr—her communication system was a precursor to wireless technologies including Bluetooth and Wi-Fi.

HOPE

How can we find hope amid uncertainty, conflict, or loss? When we feel we have lost hope, we may find inspiration in the words and deeds of others. In this poem, hope takes many forms: an open road, an unturned page, a map to another world, an ark, an infant, a long-lost glove that returns to its owner. Using metaphors for hope seems appropriate, as the concept of hope is difficult to describe. It is deeper than simple optimism, and more mysterious, delicate, and elusive. It is a feeling we must develop and cultivate, but like faith, it is also a state with which we are graced. Hope can foster determination and grit—the ability to bounce back and to remain determined despite failures and setbacks—when we make daily efforts to change and improve what we can control. This poem speaks to the importance of hope and resilience.

“Hope” is the thing with feathers
BY EMILY DICKINSON

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chillest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb-of me.

Research has shown that living on the streets, eating and sleeping poorly, exposed to the elements, not getting proper medical care and losing medication during sweeps during encampment will prematurely age, sicken and kill people.

Buy the time homeless people are in their 50s and early 60s they look much like other people in their 70s and 80s.

All health problems that we normally associate with ageing, vision problems, hearing problems, cognitive impairments, difficulty walking, all of that has started early.

The enormous problems that come from not attending to people who are homeless before they get to this point takes its toll on hospitals and medical providers inundated with problems that do not have to be.

Our first goal needs to be finding housing for those who are on the streets.

If our goals and revenue were to go to these measures we would ease the mental health problems of many.

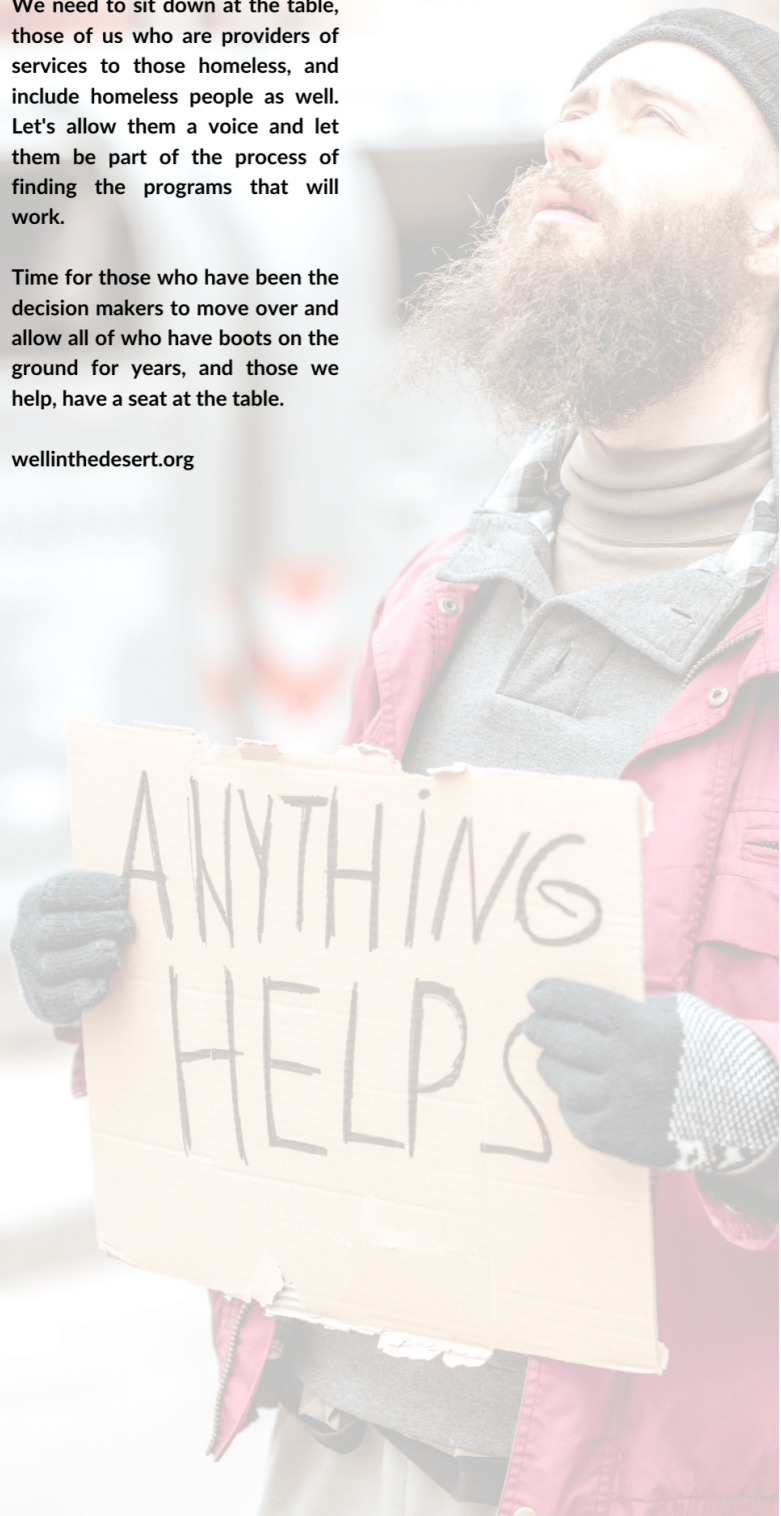
We must choose how we spend our money wisely, not throw it at what will end up in failure.

Careful, thoughtful, intelligent planning will take monies directed to homelessness with make sure we do not throw millions at projects that would only help a few.

We need to sit down at the table, those of us who are providers of services to those homeless, and include homeless people as well. Let's allow them a voice and let them be part of the process of finding the programs that will work.

Time for those who have been the decision makers to move over and allow all of who have boots on the ground for years, and those we help, have a seat at the table.

wellinthedesert.org



LIVING ON THE STREETS

"We need to sit down at the table, those of us who are providers of services to those homeless, and include homeless people as well."

Research as shown that living on the streets, eating and sleeping poorly, exposed to the elements, not getting proper medical care and losing medication during encampment

sweeps will prematurely age, sicken and kill people. By the time homeless people are in their 50s and early 60s they look much like other people in their 70s and 80s.

All health problems that we normally associate with ageing, vision problems, hearing problems, cognitive impairments, difficulty walking, all of that has started early.

The enormous problems that come from not attending to people who are homeless before they get to this point takes its toll on hospitals and medical providers inundated with problems that do not have to be.

Our first goal needs to be finding housing for those who are on the streets.

If our goals and revenue were to go to these measures we would ease the mental health problems of many.

We must choose how we spend our money wisely, not throw it at what will end up in failure.

Careful, thoughtful, intelligent planning will take monies directed to homelessness with make sure we do not throw millions at projects that would only help a few.

We need to sit down at the table, those of us who are providers of services to those homeless, and include homeless people as well. Let's allow them a voice and let them be part of the process of finding the programs that will work.

Time for those who have been the decision makers to move over and allow all of who have boots on the ground for years, and those we help, have a seat at the table.



wellinthedesert.org

The Well

VOICES OF HOMELESS CLIENTS

"I relied on my husband for thirty years. He worked at one place for 30 years, while I took care of our home and raised our two children. I never worked and was not trained for much. My husband had a massive stroke and died; nothing suggested that this would happen. I used up the savings we had to keep our home, but it eventually ran out and I lost our home. I lived in my car until it broke down, and then I found myself on the streets in a life I knew nothing about. I started using drugs and did so for four years, until a kind person helped me. I got help that I needed, training so I could work, and got into a living situation. I am 56 years old and starting to rebuild my life."

"My parents kicked me out when they found out I was gay. I was 17. I have been homeless for 7 years. I like using meth, and do not really want to stop. I turn tricks to make some money. I do not know what will happen to me. I do not trust anyone. The streets suck, but I do not have too many choices. My parents are into religion and will not have anything to do with me. Maybe one day I can be happy."

"I am a 58 year old man who had a good life, a home, family, and I was happy. COVID killed all of that. I lost my business and started to drink. We lost our home, and I drank even more. My wife threatened to divorce me unless I found help. I starting going to AA and they saved my life. I found work finally and we are rebuilding our lives together. We faced the fear of homelessness but thanks to organizations that provide food, counseling, and help, we did not have to go there."

"I am a 64 year old man who is a veteran. I fought for my country. I have PTSD, and I use drugs to help dull my pain, both physical and mental. I have tried to find help from the VA, but they do not provide the support I think us veterans should get. I have been on the streets for eight years. I survive, but that's all."

"I am a 72 year old woman. I used to have a nice life, good job and be what was referred to as middle class. Lost my job, could not keep up with my house payments, and ended up without a place to live. I have my car, and my wonderful dog companion. We sleep in it, in places that are safe. I eat daily at the Well in the Desert, and am grateful for the help they give me. Hoping to get out of this situation soon."

Well Wish List

WELLINTHEDESERT.ORG

We can always dream, and we would like to share our dreams with you, and the needs we have.

All types of toiletries; shampoo, soap, deodorant, razors, shaving cream, combs, brushes, toothpaste, toothbrushes.

Socks, underwear, weather appropriate clothing; sweats, sweatpants, sweatshirts, tank tops, shorts, jackets, shoes.

Food; canned tuna, dry pasta, peanut butter, jellies, sugar, coffee, breads, fruits, snacks, cookies etc.

Financial donations, everything helps.

The big dream: a dedicated piece of land where we can build a tiny homes village.

Your ideas about how we can do better.

Thank you.

RAPID RE-HOUSING

Rapid re-housing **can end homelessness** by quickly connecting people to a home and services.

Rapid re-housing provides short-term rental assistance and services. The goals are to help people obtain housing quickly, increase self-sufficiency, and stay housed. It is offered without preconditions (such as employment, income, absence of criminal record, or sobriety) and the resources and services provided are typically tailored to the needs of the person.

Rapid re-housing is a primary solution for ending homelessness. It has been demonstrated to be effective in getting people experiencing homelessness into permanent housing and keeping them there.

By connecting people with a home, they are in a better position to address other challenges that may have led to their homelessness, such as obtaining employment or addressing substance abuse issues. The intervention has also been effective for people traditionally perceived to be more difficult to serve, including people with limited or no income and survivors of domestic violence.

Research demonstrates that those who receive rapid re-housing assistance are homeless for shorter periods of time than those assisted with shelter or transitional housing. Rapid re-housing is also less expensive than other homeless interventions, such as shelter or transitional housing.

wellinthedesert.org

THE WELL *Volunteers*

Please meet some of our dedicated volunteers:

Wayne (in the green apron). Wayne, and his late wife Marie, volunteered for years at the Well. Members of Church of St. Paul's they became both volunteers and donors. After Marie's passing Wayne needed the time to mourn and get things taken care of in Georgia, where they lived when not in Palm Springs. Wayne returned and is one of the kindest and sweetest people I know. He volunteers with us at our hot meals program three days a week, and we all think the world of him.

Rosie (in the red). Rosie has been with us for a few years now, and is also a donor. We see Rosie everyday, as she helps serve our delicious meals to our clients. Rosie is sweet and kind, with a contagious smile. She is dedicated, compassionate, and funny. She is a popular woman with everyone at the Well.

Fred and Ray. This lovely couple are also two of the most dedicated volunteers ever. They too have been with us for years, and are with us, serving meals, three days a week. They support the Well with not only their volunteerism and by going to our fundraisers. Ray keeps us in stitches with his funny jokes, Fred is the serious one. Individually, and together as a pair, they give us a lot of themselves, and are dedicated to the mission of making sure our clients receive good daily nutrition.

We thank these volunteers, and many more. Watch for their profiles with each newsletter.

WELLINTHEDESERT.ORG



OPERA
ARTS presents

Broadway

under the STARS

A BENEFIT FOR



SUNDAY, APRIL 23, 2023 • 6:00 - 9:00 P.M.

Renaissance Esmeralda Resort • 44400 Indian Wells Lane • Indian Wells

Reception followed by a wonderful sit-down dinner.

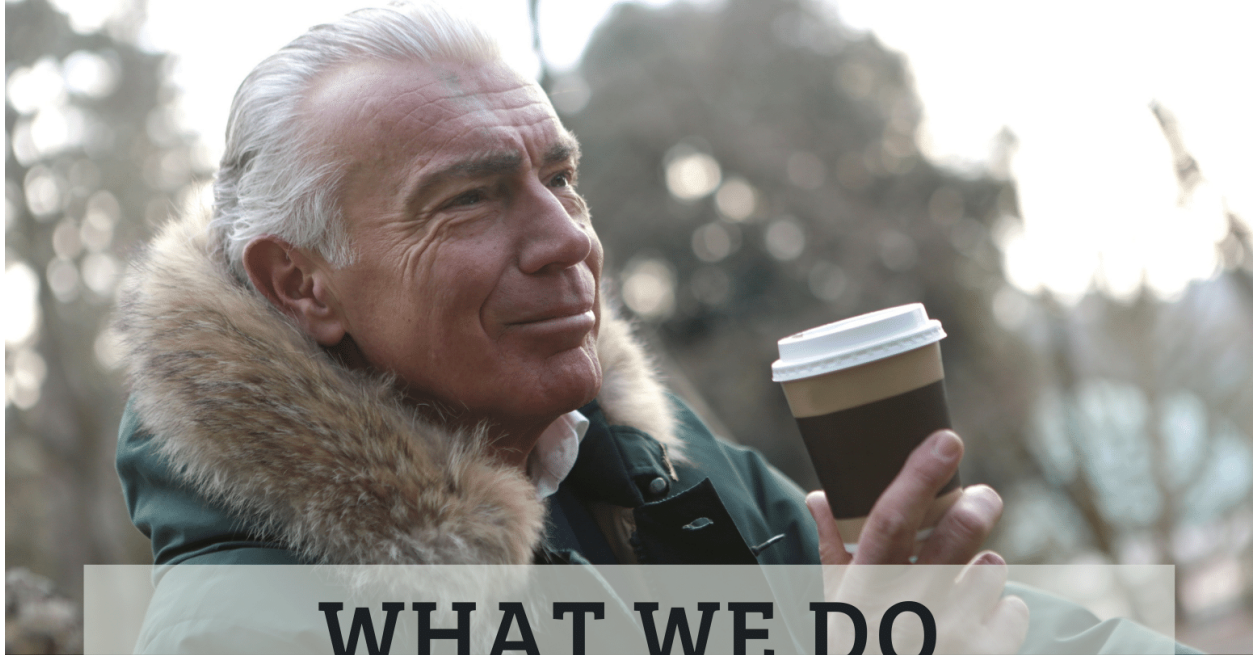
**Music Presentation
of favorite Broadway and Opera.**

Honoree:
JEANNIE CUNNINGHAM

\$175 per person or \$1750, table of ten.

For reservations call (760) 285-7297 or visit www.wellinthedesert.org.

JOIN US FOR ANOTHER "MAGICAL" EVENING UNDER THE STARS, WITH INCREDIBLE FOOD AND MUSIC. HONORING JEANNIE CUNNINGHAM, WHO PRODUCES MAGIC WHEREVER SHE GOES.



WHAT WE DO

Well in the Desert

501c3 #33-0694580

- Daily hot nutritious meal to over 200 people a day, 6 days a week.
- Phone and mail service.
- Free ID vouchers and DMV forms.
- Morning coffee, rolls and fruit.
- Furniture for people in need.
- Clothing for job interviews and those who need them.
- Assistance with food stamps, MISP, ID's and more.
- Utility assistance.
- Resume writing assistance.
- One way tickets home.
- Saturday food distribution of healthy foods to working families, seniors, veterans, the disabled, families with children.
- Emergency food boxes.
- Some transportation to medical and social service appointments.
- Van transportation to hot lunch sites.
- Home deliveries to seniors who are homebound or frail.
- "Well Assist" program to downtown merchants and other business owners.
- Thanksgiving and Christmas celebrations for all in need. Christmas presents for all the children.
- Mental health counseling.
- Children's better eating program.
- Outreach 5 days a week with snacks, coffee, sweet rolls, clothing, toiletries.

For more information: (760) 656-8905

HOT MEAL WEEKLY PROGRAM

*Please arrive no more than 15 minutes before service.
All lunch service is from 10:30 a.m. to 1 p.m.*



Monday

**United Methodist Church
1555 E. Alejo Rd. — Palm Springs**

Bus line 24 takes you right in front of the Church. Lunch is served in the building in back.

Tuesday

**United Methodist Church
1555 E. Alejo Rd. — Palm Springs**

Bus line 24 takes you right in front of the Church. Lunch is served in the building in back.

Wednesday

**Church of St. Paul in the Desert--just up El Alameda from Palm Canyon
125 W. El Alameda — Palm Springs**

Bus line 111

Thursday

Our Lady of Solitude--corner of Alejo and Belardo 474 N. Belardo Rd. — Palm Springs

Bus line 111

Friday

**Our Lady of Guadalupe
204 S. Calle El Segundo at Arenas — Palm Springs**

Bus lines 111 & 14, Indian & Baristo

Saturday

**Food Distribution Center--181 N. Indian Canyon Dr. — Palm Springs
6 a.m. to 7 a.m., 8 a.m. to 8:30 a.m.**

The Well In The Desert News

Mission Statement

The Well in the Desert provides daily nutritious hot meals, emergency food assistance, weekly supplemental food distribution, and access to community services to those affected by poverty, including the working poor, the homeless, seniors, the handicapped and others in need throughout the west end of the Coachella Valley. Our mission fuels programs for poverty prevention, direct services for poverty intervention, and organized efforts to advocate for the poor.

Well in the Desert News

Publisher: The Well in the Desert

Graphic Designer: Stephanie A. Green

The Well in the Desert News ©2023 is published monthly by the Well in the Desert, a non-profit charitable organization.

IRS 501(c)(3) #33-0694580

We appreciate all donations, and they can be made online at wellinthedesert.org, by check to Well in the Desert, P.O. Box 5312, Palm Springs, CA 92263, or by calling (760) 285-7297, Arlene's phone.

The Well in the Desert

P.O. Box 5312, Palm Springs, CA 92263

(760) 656-8905

www.wellinthedesert.org