

ARISE

Joppa

VOLUME 1 ISSUE 1 | SUMMER 2012



"In Joppa, there was a disciple named Tabitha, who was always doing good and helping the poor."



JOPPA STORIES

A Wild Ride

Matt Noble can make a home from some tarps, lumber and wooden pallets, make a wood-burning stove to heat it, and saw enough wood with a beat-up carpenter's saw to keep the place above freezing most winter nights. But, even with the help of his wife, Bobbie Jo, he couldn't rebuild himself into a manual laborer; after a heart attack and stroke in 2010.

"He has a stent running in a diagonal across his body now," Bobbie Jo explains. "He has to take it easy. If he got hit in the stomach with that thing in there, he could die."

For five years before the medical problems, Matt and Bobbie Jo lived and worked with a travelling amusement park that provided rides and concessions at community events like the Beaverdale Fall Festival. Matt was crew foreman for the rides, supervising 10 to 20 guys who assembled and worked the rides at each stop. Bobbie Jo worked in concession stands.

OUR MISSION

To create a community of unconditional love, support and hope for the homeless and to help end homelessness in Polk County.



CALENDAR OF EVENTS

SAVE THE DATE

"DOWN & OUT" FUNDRAISER
November 10, 2012

IOWA HOMELESS MEMORIAL

December 21, 2012

JOPPA CHRISTMAS CELEBRATION FOR THE HOMELESS

December 21, 2012

JOPPA CAMP CLEANUPS

April 6, 2013

April 13, 2013

WHAT WE DO

EXPRESS CHRIST'S UNCONDITIONAL LOVE + BUILD RELATIONSHIPS & VISIT OFTEN + HELP PEOPLE STAY WARM, DRY & HEALTHY
+ PROVIDE FOOD, SUPPLIES & CARE + RESPOND TO NEEDS & EMERGENCIES + BE A VOICE, ADVOCATE & LINK TO RESOURCES +
ENCOURAGE POSITIVE STEPS FORWARD + PROVIDE AFTERCARE ONCE OFF THE STREETS

A Wild Ride, CONTINUED

"We used to travel for six months every year, then stay with relatives in Des Moines for the other six months," he says.

"But my sister sold her trailer home and moved, and we had no place to go," says Bobbie Jo, completing the story for him.

So, for the last year, the couple has lived in a dwelling they built near the river south of downtown. Matt has applied for disability benefits and they're waiting. They scan the computerized job postings at the Central Library regularly, and Bobbie Jo works when she can, but most months they survive on \$367 a month in food stamps.

"I go canning most days (picking up beverage cans for the 5¢ deposits), walking

from downtown to the Fairgrounds and back, and all around," she says. It takes 400 cans a month for the \$20 they need for Matt's reduced-cost prescriptions. "Some months I don't make it," she admits.

“Maybe we'll get a place again, maybe pretty soon,” Bobbie Jo hopes, “but . . .” She sighs. “We'll be OK, I guess.”
—Bobbie Jo

Still, they share. Others in the homeless community come to their place to warm up by the stove. They love to cook, and stockpiled and combined food so Matt could cook a Thanksgiving turkey over an open fire that served 20 unsheltered friends (see recipe). They did the same thing again for Christmas.

"Maybe we'll get the disability (payments), maybe we'll get a place again, maybe pretty soon," Bobbie Jo hopes, "but . . ." she sighs. "We'll be OK, I guess."

Thanks to your donations, in the last year Joppa Outreach has provided Matt and Bobbie Jo weekly visits and meals at their camp along with a space heater for supplemental heat, head lamps, blankets, groceries, socks, shoes, and more. ■

MATT'S TURKEY AL FRESCO RECIPE

- Dig a fire pit,
- Cut a dozen or so 6- to 8-inch diameter logs. The bigger the turkey, the more logs you'll need.
- Using 2 to 3 logs to begin with, start a fire in the pit.
- Put a metal grate over the fire.
- Put 5 or 6 chicken bouillon cubes in large pot with about 3 inches of clean water you've carried to the camp.
- Add the thawed turkey. Put the lid on.
- Put the pot on the grate.
- Simmer and cook 'til done, basting with the liquid every hour, and feeding the fire more logs as necessary.



Help People

TYPICAL MONTHLY NEEDS

Reduced Cost Prescriptions:

\$8–\$20 a month (\$96–\$240 a year)

Laundry Expenses:

\$20 a month (\$240 a year)

Transportation Expenses:

\$24–\$48 per month for bus passes (\$288–\$576 a year)

Costs of Supplies:*

\$10–\$25 a month (\$240 a year)

TYPICAL MONTHLY INCOME

Unsheltered: \$180–\$367 in food stamps* plus canning deposits

Aftercare: Paid housing plus \$200 in food stamps*

Housing: Tent or self-built dwelling until able to get an apartment, which is typically in the range of \$380–\$500 per month

Challenges: Meeting ongoing monthly costs, while navigating through complex health and government programs. Maintaining a positive outlook.

*Food stamps only purchase food – not cleaning supplies, laundry detergent, personal hygiene or paper products, such as toilet paper.

OUTREACH

UNSHelterED VISITS

2Q 714

YTD 1,326

TENTS DELIVERED

2Q 65

YTD 85

SUPPLY BAGS DELIVERED

2Q 342

YTD 652



VOLUNTEER

We Can't Always Fix It

"As a nurse, representing all the power of medical science, I once asked a homeless patient what was the best thing I could do for him. He told me, 'when you see me on the street just acknowledge me. Don't look away. I'm a person and I'm right here.'" says Greta Degen, RN, PhD.

Greta uses that insight in both her career and volunteer jobs. She's a professor of Community Health Nursing at Grand View University, who brings us nursing student volunteers, and she volunteers at Joppa as Program Director.

"One of the most important things volunteers learn at Joppa is the way to approach people in an accepting, non-judgmental way," she says. "We all want to fix people, force them to make the choices society wants them to make, but we have to respect their free will, their right to make their own decisions. If you keep trying to change or reform people to meet your standards, you'll burn out as a caregiver.

"I love my teaching job, but providing healthcare to my homeless friends is the most rewarding work I've ever done," she says. "It's creative problem-solving, making face-to-face connections, and caregiving in the broadest sense.

"For example, at a recent visit to a homeless camp, I noticed that a man sitting by the fire was blind. No one told me. I just noticed how he was eating and went over to talk to him. He told me some friends who were looking out for him had recently moved him to the camp. They'd

strung a string—a thread really—from place to place in the camp to help him go from his tent to the fire pit and back. Obviously that was a really dangerous and fragile situation," she conceded.

"As a human being, I wanted to 'rescue' this guy, 'fix' him. His situation was not acceptable to me. But I couldn't heal his blindness, and he didn't want medical help. So, before we left the camp, with his permission, we'd replaced the string trail with a heavy rope and made the campsite safer for him. That's not nursing the way you think of it in a hospital, but it was definitely preventative healthcare and case management," Greta explains with a smile.

"With Joppa, we try to meet people where they are, work within the goals THEY set for themselves and, even

"One of the most important things volunteers learn at Joppa is the way to approach people in an accepting, non-judgmental way,"

—Dr. Greta Degen, R.N.
JOPPA PROGRAM DIRECTOR

if those goals aren't what we'd choose for them, respect them as people," she concludes.

As Program Director for Joppa, Greta is developing the systems and processes necessary to allow the organization to grow and expand services. One goal is to computerize the medical records of the homeless people she and other volunteer nurses serve to provide better case management. Greta also receives a plethora of good ideas for new services and programs proposed by other Joppa volunteers, supporters, and community partners.

"I want to develop procedures to enable, encourage and connect people who have great plans and ideas that can enhance Joppa and its mission," she says. "This is a really exciting time for Joppa." 🍷

ADVOCACY + EDUCATION

REFERRALS TO OTHER SERVICES

2Q 103

YTD 224

STUDENTS EDUCATED

2Q 158

YTD 338

CAMP EDUCATION EXPERIENCES

2Q 172

YTD 362



“They drove me to Iowa City twice a month for treatments. Local hospitals didn’t have the right scope to do the treatment, and I would have died for sure.”

—Jim “Blondie” Caudill

Small Bites Are Big Blessings

A bearded Jim “Blondie” Caudill, 44, sat in front of a steaming plate of cavatelli. He smiled. “I’ll wait a few minutes—it’s so hot—but pasta is good for me, you know, it opens my esophagus. I can feel it happen, right here.” He pointed to a spot in his chest, about three inches below the hollow in his throat. “Slides right down.”

Eating pasta is a major victory for Blondie after a year and a half on a liquid diet. His esophagus had collapsed after the silent heart attack, followed by a stroke, in May 2010.

“Eating a few bites, maybe five or six at a time, several times a day, keeps me going. I’m real careful because I don’t want to choke. But pasta has a lot of carbohydrates and that stays with you. Learned that on the Food Channel. That’s where I get good ideas about what to eat and what I can keep down.”

Blondie loves to explain the relative merits of carbs, proteins and fats, and the mechanics of getting his crippled esophagus to work. “I could be a doctor or teacher after all I’ve learned,” he kids. Blondie says he would be dead without the intervention and support of Joppa. “They really saved my life twice,” Blondie says. “They brought me food after my stroke. That kept me alive. Then they drove me to Iowa City two times a month for treatment. Local hospitals didn’t have the right scope to do the treatment, and I would have died for sure.”

Over 18 months, doctors at University of Iowa Hospital carefully stretched and opened Blondie’s esophagus allowing him to swallow small bites of food. He was on a liquid diet during that time and he used his \$200 a month allotment of food stamps to buy ice cream, popsicles and soup. Joppa always contributed canned foods that he could mash and swallow.

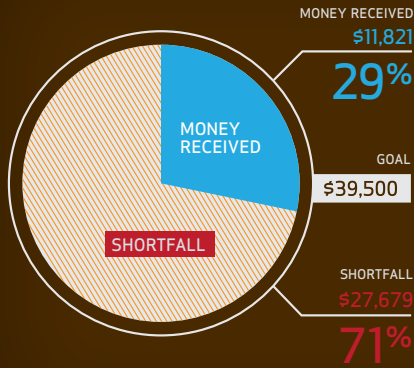
After his stroke, Blondie’s weight had dropped from 171 pounds to 110 pounds. Now, eight months after his last treatment, he’s gained 68 pounds.

Blondie, a Des Moines native who lost his job as a cook in 2006, first met Joppa volunteers when he was living in a tent at a river campsite.

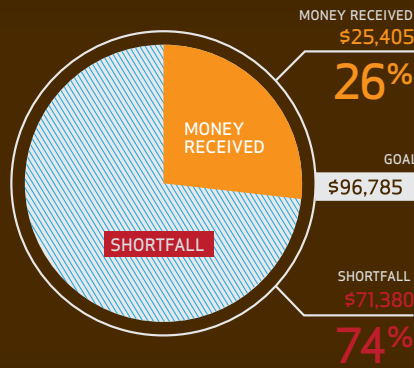
“Joe, Jacki and Caleb [Joppa volunteers] would come down on Sundays and bring hot meals, canned goods, whatever we needed to survive. They even brought me a stove I really needed. We got to be friends. When I got off the river we stayed in touch so when I had the stroke, they knew.”

Joppa provides unique Aftercare Programs for the homeless transitioning into housing, which keeps each client surrounded by a circle of friends. “Getting people inside is just one step of our continuing care. We stay beside them as friends,” says Joe Stevens, Joppa Outreach CEO. And being there can be a lifesaver. ■

DONATIONS



2ND QUARTER



YEAR TO DATE

	2 ND QTR	YTD
VOLUNTEERS INVOLVED		
PEOPLE	529	622
HOURS	6,506	11,741
NUTRITION PROGRAMS		
MEALS SERVED	1,137	1,895
GROCERY BAGS	243	471
HEALTHCARE PROGRAMS		
NURSING ASSESSMENTS	145	275

THANK YOU TO THE GENEROUS INDIVIDUALS AND COMPANIES WHO DONATED THEIR SERVICES AND FINANCIAL RESOURCES FOR THE PRODUCTION OF THIS NEWSLETTER.

EVENTS



Al Burney, formerly homeless, participates in events during the Iowa Homeless Memorial at the State Capitol, while Governor Branstad and Mayor Cownie spoke to the crowd.



One of the eager crews during this year's cleanup, where 400 volunteers were successful in picking up 27,470 pounds of debris.

Iowa Homeless Memorial

On the longest night each year, December 21, Joppa holds the Iowa Homeless Memorial at the State Capitol to remember those people who have died homeless in Iowa. Last winter nearly 400 people, including many homeless themselves, braved the cold along with speakers that included the Governor, Mayor of Des Moines, Homeless Coordinating Council Chairman, and other prominent leaders to remember and honor the deceased, and to raise awareness to help prevent future homeless deaths.

Joppa Homeless Camp Cleanups

In spite of rain and mud, about 400 volunteers picked up 27,470 pounds of junk and debris in just 6 hours. The garbage, from over 50 camps at 16 sites, was recycled or properly disposed. Dave Foster, Joppa Camp Cleanup Coordinator, said, "Over the past 4 years, dedicated Joppa volunteers have cleaned up more than 175,000 pounds of garbage in and around Des Moines as a service to the community." Thank you to our volunteers and sponsors; Metro Waste Authority, American Red Cross and Hy-Vee.



DONATE:

BECOME A JOPPA SUPPORT PARTNER!

Join us and make a difference with your donations and ongoing support.

We are a volunteer-based organization with no paid staff. Your contributions directly help people who are unsheltered or recently housed in Polk County.

Joppa is a 501(c)3 organization and all donations are tax-deductible.

DONATE AT JOPPAOUTREACH.ORG OR MAIL CHECKS TO:

Joppa Outreach, Inc.
118 S.E. 4th Street, Suite 120
Des Moines, IA 50309

THANK YOU FOR YOUR GENEROSITY!

VOLUNTEER:

- *Event Planning & Coordination*
- *Homeless Outreach & Aftercare*
- *Meal Preparation*
- *Volunteer Coordination*
- *Warehouse Organization*
- *Transportation Assistance*
- *Fundraising & Presentations*
- *Social Media & Story Writing*
- *Technology Implementation*

VOLUNTEER AND MAKE A DIFFERENCE:

We have many volunteer opportunities available. Visit joppaoutreach.org or call (515) 288-5699 today to learn more.

NEWSLETTER DESIGN:



SUPPLY:

- *Tents & Tarps*
- *Sleeping Bags & Pillows*
- *Bug Spray*
- *Toilet Paper*
- *Batteries & Head Lamps*
- *Bottled Drinking Water (Gallons or 24 oz.)*
- *Canned Goods & Non-perishables*
- *Cleaning Supplies*
- *Laundry Detergent & Dish Soap*

BRING SUPPLIES TO JOPPA:

Mondays between 10 AM & 2 PM.
Or call (515) 288-5699 to arrange another time. Tax-deductible receipts are available upon request. Thank you for helping us meet immediate needs!



118 S.E. 4th Street, Suite 120
Des Moines, IA 50309

CAN YOU HELP?

VISIT JOPPAOUTREACH.ORG OR CALL (515) 288-5699 TO DONATE, VOLUNTEER OR PROVIDE SUPPLIES.
PEOPLE LIKE YOU MAKE JOPPA POSSIBLE—THANK YOU! WE HOPE YOU'LL JOIN US!