

# ARISE

FROM HOMELESSNESS TO RECOVERY IN POLK COUNTY



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



Karin Carruthers

## JOPPA STORIES

### Keep On Keeping On

How many times could you be knocked down in life before you decide not to get up again? Three times? Eight times? Twenty times?

Karin Carruthers, 56, has stopped counting. She and her twin sister were born to an alcoholic mother who worked as a prostitute in Keokuk. "Our 'Dad' was Mom's pimp, and he drank and beat us, and he broke Mom's jaw once 'cuz she held back some money," Karin remembers. When a school nurse discovered the welts from a beating with a razor strap on Karin's back during a routine kindergarten health screening, Karin and her sister were sent to live with foster parents.

"That should have been better," Karin says, and it was in some ways. There was food to eat, and they went to church every Sunday, but as the girls grew up, the foster father began to molest them. "Neither of our mothers believed us when we told them, and that really hurt my heart, so I left at 16," she says. *CONTINUED...*

#### 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

##### JOPPA CENTER OPEN HOUSE

July 10, 2013

September 18, 2013

##### DOWN & OUT FUNDRAISER

November 9, 2013

##### IOWA HOMELESS MEMORIAL

December 21, 2013

##### HOMELESS CHRISTMAS CELEBRATION

December 21, 2013

## Keep On Keeping On, *CONTINUED*

She hoped for a better, safer life with someone to love her when she married at 18, right after graduation from high school. "I really wanted a baby, but drugs were messing him up, so I couldn't get pregnant." Finally, some time later, "I was 6½ months pregnant, and I tripped and fell down 23 stairs. I made it," she chokes through her tears, "but my little girl—her name was Karressa Lee—didn't." Karin never had children.

Through the years, she worked in grocery stores, a bookbindery, factories, and restaurants; sometimes living alone, sometimes supporting a man. Then, one of those men sold drugs from the apartment she was renting and Karin was evicted. She had been living

*"Joppa people showed up with food and heat when I was living in the camps, and made things bearable.... They're so kind-hearted. I'm not used to that."*

—Karin Carruthers

in homeless camps around Des Moines for about seven years when Joppa met her:

"Joppa people showed up with food and heat when I was living in the camps, and made things bearable," she says.

In December 2011, Joppa

assisted her with her move into an apartment. "It was an answered prayer," she says.

"They're so kind-hearted. I'm not used to that."

Now Karin faces another possible eviction. "I just can't think a bout going back to the camps again, but..." she trails off. Then she straightens her shoulders and lifts her chin, "But I'm happy to be alive and glad God gave me the chance to keep on keeping on," she concludes, "and I'm thankful to Joppa for true friends. God bless Joppa." 🍷

*In addition to outreach, housing, and aftercare, Joppa helps homeless and formerly homeless people with legal representation and staying housed. To support Joppa, go to [JoppaOutreach.org](http://JoppaOutreach.org).*

See Karin tell her full story at [JoppaOutreach.org/video](http://JoppaOutreach.org/video).



## I Work at Joppa

**Volunteer:** Dave Foster

**Title:** Homeless Camp Cleanups Coordinator

**Employer:** I'm an equity trader for T3 Trading Group.

**Background:** I worked at the first cleanup five years ago and thought it was a worthwhile endeavor. I've organized the event for the last three years.

**Driving passion:** I just enjoy helping people and keeping our environment clean. I don't want to see a public outcry against the homeless folks because of the trash they often leave behind.

**On my own:** I'm a runner, a biker, and a camper. I use the trails and can see some of the camps, so I know what needs to be done.

## FIRST JOPPA EMPLOYEE STILL VOLUNTEERS

Our first employee, Marianne Howard, has volunteered with Joppa for three years. And she will continue volunteering, visiting camps and aftercare clients, and leading the team that prepares supplies for weekly deliveries to homeless camps and recently housed clients.

"Joppa doesn't have a lot of rules and regulations—only love and caring," Marianne says,

describing why Joppa is a good fit for her.

"We don't judge, we just help people. I feel like I understand the people we serve, though I've never been homeless myself. I just know I'm supposed to be doing this."

Today, Marianne is updating the referral handbook used by volunteers to link clients to other services in the community. Coordinating



communications between clients, donors, volunteers, suppliers, and partners is the primary focus of her new job as communications coordinator. 🍷

## 2013 METRICS

JOPPA IS ABOUT RELATIONSHIPS, UNCONDITIONAL LOVE, AND HELPING PEOPLE OFF THE STREETS. WITH GOD'S BLESSING AND THE GENEROSITY OF OUR DONORS, VOLUNTEERS, SUPPLIERS, AND PARTNERS, JOPPA IS MAKING A SIGNIFICANT DIFFERENCE IN THE COMMUNITY.



HOUSED IN POLK COUNTY



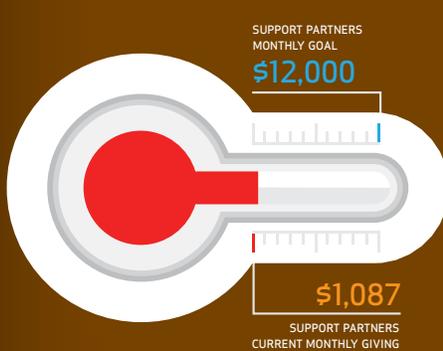
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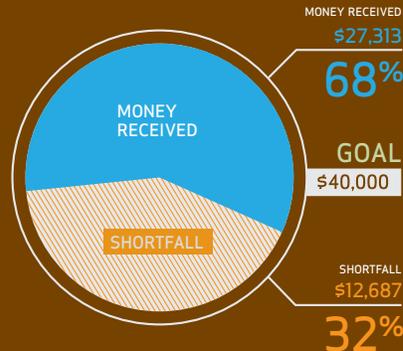
TOTAL HELPED OFF STREETS

91% REMAIN OFF STREETS

## DONATIONS



SUPPORT PARTNERS MONTHLY GIVING CAMPAIGN



TOTAL GIVING YEAR TO DATE (AS OF MARCH 31)

	1 <sup>ST</sup> QTR 2013	2012
<b>VOLUNTEERS</b>		
PEOPLE	384	1,312
HOURS	5,616	25,305
<b>DELIVERIES</b>		
MEALS	1,174	3,980
GROCERIES	318	1,116
SUPPLIES	576	3,136
<b>HEALTHCARE</b>		
ASSESSMENTS	139	942
REFERRALS	52	370

THANK YOU TO THE INDIVIDUALS AND ORGANIZATIONS WHO OFFER THEIR SERVICES AND FINANCIAL RESOURCES TO MAKE THIS WORK POSSIBLE!

## HOW YOU CAN HELP

### DONATE:

#### BECOME A JOPPA SUPPORT PARTNER!

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

We are a volunteer-based organization. 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 BY WEB OR MAIL CHECKS TO:

Joppa Outreach, Inc.  
c/o Community Foundation of Greater Des Moines  
1915 Grand Avenue  
Des Moines, IA 50309

[www.joppaoutreach.org](http://www.joppaoutreach.org)

### VOLUNTEER:

- Volunteer coordinators
- Outreach volunteers
- Event planners
- Technology consultants
- Website content manager
- Fundraisers

Many volunteer opportunities available for small groups, families & individuals. We depend on volunteers like you!

#### VOLUNTEER AND MAKE A DIFFERENCE:

Learn more the first Wednesday of each month, from 7-9PM, at the Joppa Center or call (515) 288-5699.

### SUPPLY:

- Tents (4-person+) & tarps
- Sleeping bags
- Toilet paper
- Bus tokens
- Bug spray
- Bottled drinking water (gallons or 24 oz.)
- Canned goods & nonperishables
- Laundry detergent & dish soap
- Cleaning supplies & paper towels

#### BRING SUPPLIES TO THE JOPPA CENTER:

Monday–Thursday between 12 & 4PM at 118 SE 4th Street, Suite 120, in East Village. Or call (515) 288-5699.

THANK YOU FOR YOUR GENEROSITY!

AFTERCARE

APARTMENT VISITS

1Q: 196

2012: 1,111



PARTNERS



Volunteers: Jim Stoffel and Joe Zervas

“We’re so grateful to our partners.... They’re very generous, and we end up with a van full of healthy groceries every week.”

—Joe Zervas  
 JOPPA NUTRITION  
 SUPPLIES COORDINATOR

## Partners Donate Healthy Food Weekly

Trader Joe’s and Whole Foods are key partners in the Joppa Homeless Nutrition Health Program, which provides healthy grocery items and fresh produce to people who are unsheltered or recently off the streets.

Trader Joe’s has a long-running policy of donating products that are nearing their “sell by” date but are still safe for consumption. Whole Foods considers it a given that they donate food to organizations who can distribute it to people in need. “We have food; community organizations know how to get it to people.”

“Joppa nutrition team volunteers pick up donations from our food supply partners every week—day-old bakery, fresh fruits and vegetables, canned goods, organic meat products—all good, safe food, but items that haven’t sold at full price,” says Joe Zervas, Joppa nutrition supplies coordinator. “It takes a team of about five volunteers to make the rounds to our various nutrition suppliers each week and then to rotate and organize everything for distribution.”

“We’re so grateful to our partners,” says Zervas. “They’re very generous, and we end up with a van full of healthy groceries every week. You can’t believe how much our clients appreciate those groceries.”

Other supply partners donating to our Homeless Nutrition Health Program include MoveTheFood (DMARC), the Food Bank of Iowa, Flarah’s Restaurant, In The Bag, and some organic farmers. 🍎

## Volunteer For The Nutrition Team

**Supply Pickups:** Thursdays from 11 am to 2 pm.

Loading, unloading, and sorting food donations.

**Distribution Preparation:** Sundays from 10 am to 12:30 pm.

Organizing food for distribution.

**Meal Preparation:** Prepare hot food at home for Sunday outreach and aftercare meals.

**Planning & Program Management:** Nutritionist or health professional expertise is also needed. Looking for leaders, nutritionists, and health professionals.

Call 288-5699 to sign up.



### DR. GRETA SAYS:

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

To ensure you get lots of vitamins, eat a variety of colors every day. The Joppa Nutrition Health Program delivers various green salads, red peppers, yellow cheese, white milk, and organic meats every week.

ADVOCACY + EDUCATION

STUDENTS EDUCATED

1Q: 143

2012: 538

PROFESSIONAL SPEAKING ENGAGEMENTS

1Q: 12

2012: 62

FIRST HOMELESS EDUCATION EXPERIENCES

1Q: 159

2012: 660

Organic produce from Trader Joe's & Whole Foods



## HEALTH PROGRAMS

### Homeless Nutrition Program Grows

Thanks to donations from local businesses and individuals, and grants from Polk County and Prairie Meadows, Joppa has purchased a walk-in cooler and freezer, sanitary flooring, lighting, shelving, cabinets, and received other items to more fully develop our Homeless Nutrition Health Program. Joppa partners with grocery stores and others who donate fresh fruits and vegetables, organic meat, breads, and dairy products weekly. The new cooler and freezer will allow Joppa to store more fresh food and better coordinate distribution.

In awarding the community development grant, Chair of the Polk County Supervisors Angela Connolly said, "Polk County had the opportunity to enhance the quality of life to those least fortunate in our community: the unsheltered and homeless. Meeting their nutritional needs increases their chances of living a healthy life. Preventing health problems through good nutrition is a sensible, cost-effective method of decreasing disease and, potentially, overuse of emergency rooms and other medical services. We were pleased to award the grant to Joppa."

Dr. Greta Degen, a nurse and Joppa program director, agrees there's a strong correlation between good nutrition

and good health. "Many of the health problems of unsheltered people are aggravated by poor nutrition," she says, "but it's hard to eat healthy when you only have access to canned and dried food from food pantries, junk food from nearby convenience stores, and meal site meals. Many of our clients don't live close to grocery stores, and even though they may receive food stamps, they don't always make healthy choices."

Degen says often a homeless person's food stamps and limited supply of canned and dried food doesn't last until the end of the month. While these supplies are a wonderful supplement, she says Joppa is often their only source of fresh nutritious food each week.

Joppa nutrition program volunteers include registered nurses, nutritionists, and other professionals from the Des Moines community, as well as recently housed homeless clients who also advise and volunteer. Currently, team members supply fresh food items to more than 400 homeless people and recently housed clients each month.

### MAJOR CONTRIBUTORS TO THE HOMELESS NUTRITION PROGRAM

PROJECT GOAL.....	\$ 85,000
GRANGER KNIGHTS OF COLUMBUS.....	\$ 5,500
COLORFX.....	\$ 1,700
MIKE KINTER.....	\$ 3,500
MIKE KINTER AND JOE COPPOLA.....	\$ 3,000
PRIVATE CONTRIBUTORS.....	\$ 8,000
PRAIRIE MEADOWS.....	\$ 5,000
POLK COUNTY.....	\$ 40,000
WOLIN MECHANICAL ELECTRICAL.....	\$ 6,900
RAISED.....	\$ 73,600
AMOUNT REMAINING.....	\$ 11,400

THANK YOU ALL FOR MAKING THIS PROGRAM POSSIBLE! IT'S NOT TOO LATE TO GET INVOLVED... \$11,400 IS NEEDED IN THE NEXT FEW WEEKS TO COMPLETE THIS PROJECT!

## HOW WE DO IT

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 + HELP OFF STREETS & PROVIDE AFTERCARE UNTIL FULLY RECOVERED



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

Non-Profit Org.  
U.S. POSTAGE  
PAID  
Des Moines IA  
Permit No. 4271



[www.joppaoutreach.org](http://www.joppaoutreach.org)

(515) 288-5699 LOCAL

(866) 288-5699 TOLL FREE

## HOMELESS CAMP CLEANUPS

Tim Phillips, pastor of Gloria Dei, thinks the 40 kids from his church were "just ready to be heroes. They were ready to do something amazing." And, they did it!

More than 60,000 pounds of tents, trash, and tennis shoes were picked up, drug out, and heaved into dumpsters at the fifth annual Joppa Homeless Camp Cleanups this year. In about six hours over two April Saturdays, trash was hauled away from 34 current and abandoned campsites, as well as from remote dump sites around Des Moines.

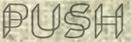
"Joppa and the people we serve are extremely grateful to the nearly 400 volunteers who worked so hard and did such a fantastic job. It's tough work, but it is essential to the health and safety of our homeless friends and to the appearance of our community," says Joe Stevens, Joppa co-founder.

In the past five years, volunteers have recycled and disposed of more than 250,000 pounds of junk and debris in Polk County.

Special thanks to Anderson Rolloffs and Metro Waste Authority (MWA) for their financial support. 

Volunteers exceeded expectations. Thank you!



NEWSLETTER DESIGN:   
BRANDING & DESIGN

**CAN YOU HELP?**

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