

 #milfordhomeless

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 <https://www.facebook.com/milfordadvocacyforthehomeless>

[www.milfordadvocacyforthehomeless.org](http://www.milfordadvocacyforthehomeless.org)  
[mah@milfordadvocacyforthehomeless.org](mailto:mah@milfordadvocacyforthehomeless.org)

302-643-2470

PO Box 585

Milford, DE 19963

# MAH MONTHLY NEWSLETTER

September 2023

We are a grass roots 501c3 non-profit, public organization, serving Delaware Communities, as advocates for our displaced neighbors.



## GROWING & EXPANDING

This January, we celebrated the start of our 3rd year as a 501c3. We started off with a hand-full of volunteers and 12 bagged lunches. Today, we have 145 volunteers and are growing each month. We are serving 2000+ meals every month and close to 200 neighbors in need this year.

The number of displaced neighbors is growing every week. More people are living out of their vehicles and have no place to park at night. Those that are newly displaced without vehicles and those that used to live in tent city are finding shelter wherever they can. Constantly on the move to stay ahead of receiving squatting notices or illegal parking, they find any place that has a bit of shelter from the elements.

Living with daily mental stress has caused an increasing epidemic of mental illness with an increase in substance use as they avoid the endless stress of being displaced. Our goal is to increase the number of services available after 5pm and on the weekends, supporting those who are holding down jobs and simply need a helping hand without missing work.

We now have a mini-bus that we will use to transport people to/from Code Purple and to deliver meals, clothing and pantry items. More about this in upcoming newsletters.

As advocates for those who are displaced, we will continue to speak on their behalf and work towards more permanent solutions.

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## BICYCLES NEEDED



A displaced neighbor walks miles and miles every day. It is exhausting both physically and mentally. Having the appropriate gear and weather-appropriate clothing may mean getting dinner. It also means looking for a job further than just within walking distance.

Transportation through DelDot is available yet comes with challenges of possible bus changes, walking to other locations, limited stops, and long periods of time.

Giving a bike is a gift of new beginnings. The person receiving it has the freedom to move about without restraint. They can find a job that is within a few miles. They have less time to be in inclement weather. This is mentally freeing them from some of the daily stress and subsequently, their shoes last longer.

Take a peek in your garage. Is there a bike that has been capturing dust? Maybe one that is in need of repair and you haven't had time to fix it? We would love to have those bikes; from your garage into the daily use of our neighbors. We will be happy to pick them up, make any repairs and provide you with a tax deductible receipt. Call or text 302-643-2470 to make arrangements to drop-off or pick-up.

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## ADVOCACY IN MOTION

We have submitted three proposals for consideration to Deldot and the City Council. These projects will positively impact the lives of our displaced neighbors. As we hear back from City Council and DelDot, we will provide updates.

- Proposed the installation of Bicycle Fixit Stations & additional Bicycle Parking Racks
- Proposed a intersection study at the intersection of McDonalds and 113
- Proposed a designated overnight parking area with port-a-potty and trash pickup for people living in their vehicles

If you would like a copy of a proposal, please request a copy by emailing [mah@milfordadvocacyforthehomeless.org](mailto:mah@milfordadvocacyforthehomeless.org). Your voice makes a difference especially in our local government. Please let your Council Ward Representative and/or the Mayor know that you support these proposals.

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## SUCCESS STORIES

- Three people are no longer displaced.
- Expanded our support to two transitional houses.
- Provided 2000+ meals.
- Expanded to serving dinner every night in Milford.
- Received donations to cover one year of monthly payments on two storage units.
- Received donation of eight shelves to organize and keep donations off of the floor
- First annual overdose remembrance memorial on August 31 at BiCentennial Park

## PREPPING FOR WINTER



Cold weather is already starting. Nights are in the 50's and that is chilly when you are sleeping outside. By November, we have frost and temperatures in the 30-40's. at night. This means that we will have people in jeopardy of hypothermia.

Hypothermia (low body temperature) refers to both a medical condition and a symptom of cold exposure. It occurs when the body falls below a certain temperature and cannot warm itself. Normal body temperature is considered 98.6 degrees. Hypothermia is considered anything below 95 degrees. Left untreated, hypothermia can become a medical emergency. (Reference: <https://www.verywellhealth.com/hypothermia-overview-4161047>)

### You can help by donating...

- 16 oz propane containers (\$5)
- 4 season sleeping Bag (\$25)
- Little Buddy Heater (\$80)
- Hand-Warmers (\$20 a box)
- Gas Gift Cards (for those living in their cars - \$)
- Gently used or new blankets & pillows
- Gently used or new coats, hats and gloves
- Individual packets of coffee, hot chocolate, hot tea
- Cup a soup

Donations can be dropped off at any of our drop-off locations.

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## BLESSING BAGS

We hand out 100+ Blessing Bags every month. We could definitely hand out another 200 with your help. These bags can be mesh bags, plastic bags or bookbags. Backpacks/bookbags are the preferred way to keep all valuables in one place. They go through a well made one about every three months and a standard backpack/bookbag once a month. Plastic bags are extremely helpful to keep weather away from valuables.

The items in these Blessing Bags are things that most consider a luxury; yet when you are living on a day-to-day budget these things become optional or secondary to food and shelter. Travel sizes can be used; but only last for a few applications. Regular size portions provide a month of blessings.

If you or your group/organization is interested in helping by providing Blessing Bags, please let us know. We need a minimum of 100 for each of the following months: October, November and December.

### TOILETRIES

- TOOTHBRUSH
- TOOTHPASTE
- FLOSS
- DEODORANT
- SOAP
- SHAMPOO/CONDITIONER
- COMB/BRUSH

### PERSONAL HYGIENE

- TAMPONS
- PANTILINERS
- SUNSCREEN
- CHAPSTICK
- PORTABLE SHAVERS
- SCRUBZZ

### WARMTH & COMFORT

- SOCKS
- UNDERWEAR
- GLOVES
- HATS
- SCARFS

### NON-PERISHABLE FOODS

- GRANOLA BARS
- ENERGY BARS
- TUNA/CRACKER PACKS
- TRAIL MIX
- RAISINS
- PEANUTS
- FRUIT CUP/ APPLESAUCE CUP (& INCLUDE A SPOON)
- GUM/HARD CANDY
- HOT COCOA/SPICED CIDER MIXES OR ON-THE-GO COFFEE MIXES

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## OUR CURRENT NEEDS

We are transitioning from Spring/Summer to Fall/Winter. Here is a list of current needs:

### WOMEN'S CLOTHING

- LONG SLEEVE TOPS (ALL SIZES)
- JEANS (ALL SIZES)
- SWEAT PANTS & TOPS (MED THROUGH 1X)
- LONG SOCKS
- SNEAKERS (7 THROUGH 9)

### MEN'S CLOTHING

- LONG SLEEVE TOPS (MED THROUGH 4X)
- JEANS (32 - 36 WAIST)
- SWEAT PANTS & TOPS (MED THROUGH 4X)
- LONG SOCKS
- SNEAKERS (9 THROUGH 14)

### PROTECTION FROM THE ELEMENTS

- 4 PERSON TENTS
- 4 SEASON SLEEPING BAGS
- 10 X 10 TARPS (16 GAUGE)
- BLANKETS
- PILLOWS

### ESSENTIALS

- FLASHLIGHTS
- CAN OPENERS
- AA/AAA BATTERIES
- HEADLAMPS
- CELLPHONE BATTERY PACKS
- CELLPHONE CHARGER CORDS

### NON-PERISHABLE FOODS

- GRANOLA BARS
- ENERGY BARS
- TUNA/CRACKER PACKS
- TRAIL MIX
- RAISINS
- PEANUTS
- FRUIT CUP/ APPLESAUCE CUP (& INCLUDE A SPOON)
- GUM/HARD CANDY
- HOT COCOA/SPICED CIDER MIXES OR ON-THE-GO COFFEE MIXES
- CASES OF WATER
- CANNED MEAT
- SHELF- STABLE MILK

### WARMTH ITEMS

- COATS (ALL SIZES)
- HATS, SCARFS, GLOVES (ALL SIZES)
- BOXES OF HANDWARMERS
- 16 OZ PROPANE TANKS
- BIG BUDDY HEATERS
- WINTER BOOTS (ALL SIZES)
- THERMAL UNDERWEAR (ALL SIZES)

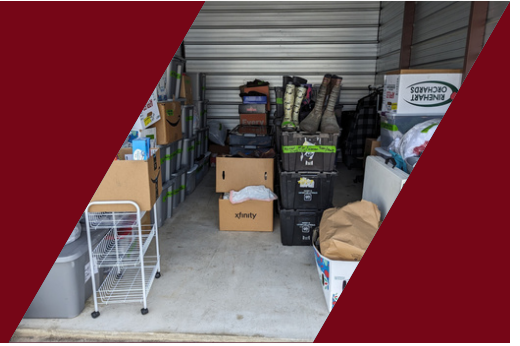
### PERISHABLE FOODS

- MEATS
- EGGS
- SHELF-STABLE MILK

Donations can be dropped-off at any of our drop-off locations. No call is necessary until the donation would not easily fit on a front porch or is perishable. If you are a baker, we can always use homemade desserts and treats.

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## UPCOMING EVENTS

- **September 23 - Storage Unit Revamp**
  - 10am - Noon (Weather Permitting) at Milford Mini Storage, putting up shelves, sorting donations and fulfilling requests
- **Month of October**
  - 50/50 raffle, check out our Facebook Page to purchase your tickets
- **October 14 - Helping Hands FREE Community Event**
  - 10am - Noon (Weather Permitting) at United Church Parking Lot, everything is FREE and open to the public
- **November 11 - Quarter Auction Fundraiser**
  - 5:00 - 9:00 at The Moose Lodge, fundraising for purchase of items for the winter
  - Check out our Facebook Page to purchase your paddles. We expect to sell out.

## FEATURES IN UPCOMING NEWSLETTER ADDITIONS

- Getting to know the MAH Board a mini-series
- Getting to know the MAH Team Leads a mini-series
- Featured monthly Volunteer

## DROP-OFF LOCATIONS



**MAH is GROWING**

We are happy to announce that we have additional drop off locations for In-Kind Donations like clothing, camping supplies, toiletries, clothing, etc. We are grateful for these individuals for opening their front porch as a drop-off location for MAH donations. Drop-off of donations can be dropped off daily to any of these locations from 8am - 8pm

141 Aspen Court, Building 26  
Milford, DE 19963

232 S Landing drive  
Milford, DE 19963

5567 Bucks Rd  
Milford DE 19963

400 Pierce Street  
Milford, DE 19963

 Phone: 302-643-2470  
email: mah@milfordadvocacyforthehomeless.org

## BOARD MEMBERS

- **President:** Martha Gery
- **Vice President:** Cynthia Dawe
- **Treasurer:** Joyce Dew
- **Secretary:** Ruth Houston-Behrens
- **Alisha Nelson**
- **Ennio Zaragoza**
- **Lamont Pierce**
- **Rick Upchurch**
- **Ryan Martinez**
- **Sharon Warwick**

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## NEW BOARD MEMBERS

- Pastor Ryan Martinez from Anchor Church
- Pastor Rick Upchurch from First Presbyterian Church

## NEW PARTNERS

- DHSS
- Lighthouse Church
- Euphoric Herbals Apothecary
- Rosita's Bakery

## OUR TEAMS

- **Our Daily Bread:** Cooking, Baking, Dish & Delivery Dinner and Power Pak
- **In-Kind Donations:** Sorting, filling requests and Laundry
- **Drivers:** Taking donations, supplies or people from one location to another
- **Fundraising:** Holding events/activities to generate income
- **Helping Hands:** Community events to connect and provide resources
- **Grants:** Locating, submitting and following-up
- **Marketing:** Press releases, branding, communications
- **Administration:** Typing, scanning, calling, and research

All teams are looking for volunteers. If you have 30 minutes, you can make an impact. You don't need a skill, just a willing heart. We will walk beside you, teaching you and building a relationship of respect, support and encouragement.



### Our Mission

MAH's mission is to enhance the daily lives of the homeless, ending food and housing insecurity and overcoming hardship by providing an advocacy of community resources and support.



### Our Vision

A future where everyone has the peace of mind knowing that they have a place to sleep, enough food to fill their hunger, and a way to warm their body



### Our Values

**Passion:** Fueled with desire to make a difference  
**Service:** Sharing resources and support  
**Humanity:** treating everyone with dignity & Respect  
**Impact:** Empowering people to overcome hardship

Please consider supporting us with a one-time or recurring donation by visiting:  
<https://milfordadvocacyforthehomeless.aweb.page/home>