

# VILLAGE NEWS

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## Martha's Village & Kitchen

FAST FACTS

Martha's Village & Kitchen in Indio, Calif., offers a continuum of care for people to regain their lives. The Village provides long- and short-term housing for singles and families, family literacy classes, job skills, career counseling, medical care, mental health counseling, recovery services, and children's services. Martha's is the largest provider of homeless services in the Coachella Valley.

# You can make wishes come true!

## Christmas

During the Christmas holidays we provide 500 canned food baskets to families in need and over 2,500 toys for children.

Code	Quantity	Items	Unit Price	Total
<b>FOOD</b>				
A-1	40 People	Christmas Dinner	\$2.00	\$80.00
A-2	10 Baskets	Food Basket for 1 Family	\$25.00	\$250.00
A-3	2 Cases	Canned Food for the Pantry	\$15.00	\$30.00
A-4	20	Frozen Turkeys	\$15.00	\$300.00
<b>GIFTS</b>				
A-5	20 Cases	Baby Food	\$15.00	\$300.00
A-6	10	Gifts For The Children	\$10.00	\$100.00
A-7	25	Blankets	\$20.00	\$500.00

Any Amount Unwrapped gifts are welcome!

## Career/Education

Provides employment preparation, career development, adult basic education, and English as a Second Language. 7,800 people access the Career & Education Center each year.

Code	Quantity	Items	Unit Price	Total
G-1	2	GED Tests	\$90.00	\$180.00
G-2	1 Month	Bus Pass	\$32.00	\$32.00
G-3	4	College of the Desert Course Credits	\$20.25	\$81.00
G-4	1	Stackable chair	\$60.00	\$60.00
G-5	3	Telephones	\$18.00	\$54.00
G-6	1	New Computer	\$550.00	\$550.00

## Medical Clinic

The Medical Clinic provides 3,200 free health care visits and medications to homeless and low-income adults and children each year.

Code	Quantity	Items	Unit Price	Total
C-1	1 Month	Adopt a Child w/ Asthma	\$75.00	\$75.00
C-2	1 Month	Adopt a Client w/ Diabetes	\$60.00	\$60.00
C-3	1 Month	Adopt a Client w/ Heart Failure	\$45.00	\$45.00
C-4	1	Exam Light with Stand	\$175.00	\$175.00
C-5	1	Lighted Speculum	\$300.00	\$300.00
C-6	1	Hyfercator/Cautery Unit	\$600.00	\$600.00
C-7	1	Spirometry Machine	\$2,000.00	\$2,000.00

## Children's Services

Our licensed children's program offers child care to infants, toddlers, and school-age children in a safe and stimulating environment.

Code	Quantity	Items	Unit Price	Total
B-1	1	Hygiene Supplies	\$10.00	\$10.00
B-2	10	Good Behavior/Attendance Prizes	\$2.00	\$20.00
B-3	20 Cases	Baby Food	\$8.00	\$160.00
B-4	10	Backpacks	\$7.50	\$75.00

## Emergency Shelter

Provides 36,500 annual emergency bed nights for men, women and children.

Code	Quantity	Items	Unit Price	Total
D-1	10 People	Toiletries	\$2.50	\$25.00
D-2	10 Sets	Vinyl Pillows and Cases	\$10.00	\$100.00
D-3	5 Sets	Sheets/Blankets	\$40.00	\$200.00
D-4	10 Sets	Underclothes & Socks	\$7.00	\$70.00

Help others by finding the best way to contribute



## Residential

The Village residential program provides 40,000 bed nights for short-term and long-term residents annually. 75 percent of our population is families.

Code	Quantity	Items	Unit Price	Total
F-1	1	Baby Comforter Set	\$50.00	\$50.00
F-2	1	Twin Comforter Set	\$50.00	\$50.00
F-3	1	Full-size Comforter	\$50.00	\$50.00
F-4	3	12-oz Cans of Formula	\$15.00	\$45.00
F-5	3	Package of Diapers	\$15.00	\$45.00

## Kitchen

A spacious kitchen and dining room where over 500,000 meals are served annually.

Code	Quantity	Items	Unit Price	Total
E-1	10 People	Food for 1 Day	\$6.00	\$60.00
E-2	20 People	Food for 1 Day	\$6.00	\$120.00
E-3	25 People	Food for 1 Day	\$6.00	\$150.00

### What wishes will you make happen for our neighbors in need?

1. Code # \_\_\_\_\_ 2. Code # \_\_\_\_\_ 3. Code # \_\_\_\_\_  
Letter Number Letter Number Letter Number

Use my donation where it is most needed

Name \_\_\_\_\_

You may email me at \_\_\_\_\_

Year-round Address \_\_\_\_\_

City/ State \_\_\_\_\_ Zip \_\_\_\_\_

Alternative Address \_\_\_\_\_

City/ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed please find my check for \$ \_\_\_\_\_

Check attached made payable to **Martha's Village & Kitchen** or charge my:  
 Visa  Master Card  American Express  Discover

Credit Card # \_\_\_\_\_

Security Code \_\_\_\_\_ Exp. Date \_\_\_\_\_  
(on back of card)

Print Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_  
(required for credit card)

To donate online please go to [www.marthasvillage.org](http://www.marthasvillage.org)

**Martha's Village & Kitchen**  
83791 Date Avenue, Indio, CA 92201-4737  
For more information call 760.347.4741

Thank you for your tax-deductible gift!

VN Winter 08

Thank you for your continuous support that helps us with our mission to  
**CHANGE LIVES – INSPIRE LIVES – SAVE LIVES**



## Martha's Village & Kitchen

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# Kids learn about community helpers

By Trina Adkins

Children's Services spent the last two weeks of September celebrating our community helpers. The children learned about police officers, firefighters, chefs, bakers, doctors, nurses and security officers. As part of this celebration, the preschool class visited several of our community helpers, including our very own kitchen staff here at Martha's Village & Kitchen.

Visiting the kitchen provided the children with the opportunity to see what a chef's job entails. Leona Perez, Martha's kitchen manager, arrived at the preschool classroom with aprons and hairnets for the children to wear. She spoke to them briefly about being a chef and working in the kitchen. She helped them put on their hairnets and aprons, and they were off to the kitchen for a tour.

The children were excited to see what the kitchen looked like behind the swinging doors.

First, the children observed the food serving line. Next, Leona showed the children the industrial-sized pots and pans. The children



VILLAGE NEWS Veronica Frisk

Officers from the Indio Police Department give Martha's kids a look inside a police cruiser.

were fascinated by the size of everything in the kitchen. They learned how to operate the oven, the brazer, the steam kettle, and the cake mixer.

Next, the children toured the refrigerator and the freezer. It was so cold inside that some of the children went into the refrigerator and immediately stepped out of it.

Watching the ice machine make ice brought cheers from the class. The children became experts in washing dishes after they learned how to work the dishwasher. Each child pushed dishes through the dishwasher and marveled at how the machine made everything spotless. The kitchen adventure ended with the children getting



VILLAGE NEWS Stephanie Tristan

Preschoolers get a tour of Martha's kitchen from Leona Perez, kitchen manager, left, and Sherry Lowe, cook.

to make the punch that would be used for the day's lunch crowd. The children were rewarded for all their hard work with a cup of their punch and a sweet treat of their choice.

During the preschool class's tour of Martha's kitchen, the children met many of the kitchen staff and volunteers. Everyone was welcoming and eager to help the

children learn what it is like to work in a kitchen. At the end of the tour, the children were tired but happy because they got to be community helpers. ■

Trina Adkins is the child development teacher at Martha's Village & Kitchen.

## Be a volunteer!

By Martha Olvera

Volunteers help Martha's Village & Kitchen keep overhead low and provide essential resources to programs. Martha's is always seeking dedicated volunteers who want to contribute their time.

### VOLUNTEER OPPORTUNITIES INCLUDE:

- **Food Services:** Help prepare and serve meals.
- **Residential Services:** Work with staff to provide support and guidance to Village and seasonal shelter residents.
- **Front desk receptionist:** Greet and assist guests, residents and members of the homeless community at the front desk and the day center.
- **Medical Clinic:** Doctors, dentists, nurses, and medical and clerical assistants help provide quality healthcare to the indigent population.
- **Career & Education Center:** Tutor adults and children in basic subjects, help people develop computer skills, and assist clients in their job search activities.
- **Special Events:** Assist with mailers or a special event such as the Thanksgiving Day 5K Walk/Run, or assemble food baskets.

To learn more about volunteer opportunities at Martha's, please contact Volunteer Services at 760.347.4741 ext 310.

Martha Olvera is the human resources manager at Martha's Village & Kitchen.

## Funders support Martha's

Programs at Martha's Village & Kitchen recently received generous funding from a variety of public and private sources. We are honored to acknowledge the support of the following:

- The **City of Rancho Mirage** has awarded \$15,000 to the Food Services Program.
- The Medical Clinic is funded in part by a three-year \$300,000 grant from **The California Wellness Foundation** (TCWF). Created in 1992 as an independent, private foundation, TCWF's mission is to improve the health of the people of California by making grants for health promotion, wellness education, and disease prevention.
- The Medical Clinic was awarded \$50,000 from **Blue Shield of California Foundation's** 2008 Community Clinic and Consortium Core Support Initiative.
- Children's Services received a \$10,800 award from **First 5 Riverside** to provide on-site staff training for The Creative Curriculum for Infants, Toddlers and Two's.



VILLAGE NEWS Stephanie Tristan

Yolanda Fernandez and her sponsor  
Rebecca

## Martha's gave me more than food and shelter

By Yolanda Fernandez

**M**y name is Yolanda Fernandez and I am grateful for being able to share my story with you. On Oct. 18, 2006, I came to Martha's Village & Kitchen and my life was changed forever. Before coming to Martha's, I had substance abuse, legal, and physical problems. Although many people have heard about Martha's as a place that provides food and shelter to the homeless, I am living testimony that Martha's provides much more.

I have been given the gift of a sober and financially stable life. I am proud to say that this month I celebrated two years of sobriety.

While at Martha's, I participated in many programs including Adult Education, Challenge to Change, Bridges to Independence, and Recovery Services. Through these classes I gained new skills and abilities. I improved my basic math, reading, and writing skills, but most importantly I was able to develop the self-esteem and confidence I needed in order to make positive changes in my life.

Through Recovery Services, I met my sponsor Rebecca who has become a great mentor and friend. She is still a part of my life and continues to monitor my progress. I have been employed since November 2007. It feels good to be productive, living on my own, and even to pay bills. I have overcome all of my obstacles with the great help and support I received.

Thank you MVK for helping me get my life back on track! I am truly grateful. ■

# Partnerships help Medical Clinic

By Helen Carlson, Ph. D.

The Medical Clinic at Martha's Village & Kitchen enjoys partnerships with many organizations that have made a difference in our efforts to care for the homeless and indigent in the Coachella Valley. One such group is the College of the Desert (COD). Since 2005, more than 150 nursing students from COD completing their RN program have rotated through the clinic to support patient care.

The dean of Health Sciences enthusiastically collaborates with the clinic to design and develop experiences that both meet the requirements of the nursing program and make a meaningful contribution to the clinic.

For example, we have learned via the studies published by the Urban Study that 50 percent of the diabetic patients admitted to hospitals either failed to initiate or had interrupted insulin therapy for economic reasons, lack of reading skills or comprehension, or else had not been educated about proper insulin dosing. With respect to the similarity between the diabetics followed in the study and our patient population, we believe that our efforts result in reduced hospitalization and emergency hospital visits for diabetes and related complications.

The COD nursing students also volunteer on their own time in the quarterly Vision Clinic by assisting with exams, preparing the patients for screening and assisting with fitting and dispensing eye glasses.

### WelchAllyn contribution

WelchAllyn recently donated two state-of-the-art Sure Temp devices that measure and record vital signs and then electronically transfer the readings directly into an electronic medical record. The electronic recordings reduce the possibility of error in readings and streamline patient flow. These devices retail for about \$2,000 – and were well out of reach for our budget.

### Homeless Council

The clinic has been accepted to the National Healthcare for the Homeless Council, an organization that recognizes that standard clinical practice guidelines often fail to take into consideration the unique challenges homeless patients face. Among the factors that increase homeless persons' risk for heart disease are high blood pressure, high cholesterol/triglycerides, and heart failure. Many homeless people resist treatment or have difficulty adhering to standard medical protocols, particularly those who suffer from psychiatric illness, mental retardation and/or substance abuse. Lacking resources and health insurance, and living on the streets or in shelters, homeless persons tend to delay medical care. By participating in this



VILLAGE NEWS Richard Lui

Children receive glasses at Martha's third annual vision clinic sponsored by Friends Across the Border and the Lions Club of Riverside County.

## Here's looking at you!

**M**artha's held its third annual free vision clinic on October 4. All optometry services were provided under the supervision of a volunteer optometrist, and the organization Friends Across the Border, which is affiliated with the Lions Club of Riverside County.

The Friends arrived with cases filled to the brim with over 12,000 pairs of donated glasses that have been cataloged by prescription. Adults receive glasses that are the best fit. For children, if an exact match could not be found, new glasses were made. The vision clinic continues to grow and the number of persons served increases each time the clinic is held. We anticipate that more than 800 pairs of glasses will have been dispensed this year alone. ■



VILLAGE NEWS Stephanie Tristan

–Helen Carlson, Ph.D.

council we will continue to develop more and improved methods for providing quality interventions and medical treatment to the people we serve. ■ *Helen Carlson, Ph.D., is the program manager for the Medical Clinic at Martha's Village & Kitchen.*

## By the numbers

Every year, Martha's Village & Kitchen provides:

- 500,000 meals
- 80,300 nights of shelter
- 29,200 nights of shelter for children
- 12,517 services in the Career & Education Center, including adult education, resource room, computer lab, computer class, job seeking skills, and employment services
- Approximately 6,240 recovery sessions, including relapse prevention, healthy relationships, gambling addiction, drug/alcohol education, and aftercare sessions ■