



Rebuilding older lives by restoring independence. One life at a time.

NEWSLETTER

VISION

Formerly homeless seniors will obtain and sustain safe, appropriate housing.

MISSION

Renewal House provides transitional housing, case management, counseling and life skills enhancement to older men and women who are homeless or at imminent risk of becoming homeless so they may be empowered to restore their lives.

GOALS

To transition displaced seniors to independent living in safe, legal, affordable housing and to support them, as needed in maintaining

At this time of great uncertainty, we hope that you and those you hold most dear are safe, healthy and supported.

Renewal House support doesn't end with graduation

Sarah is a woman of faith. She believes in the goodness of every person. She is mindful of being a good person herself. So often, Sarah had been the helping hand when others were downtrodden or facing a crisis. Then she faced a crisis of her own. She became seriously ill. She couldn't care for herself.

Her daughter took Sarah to live with her in another state. But her daughter was not able to move the furniture and belongings from the senior apartment where Sarah had lived for 10 years after graduating from Renewal House. Sarah lost everything.

Over time, Sarah's health improved. With the help of friends who offered her a temporary room in their home, she was able to move back to the Danbury area. An apartment in the senior complex where she had lived before moving out of state became available. But she needed to replace the furniture and belongings that were lost when she was so ill. Renewal House came to the rescue.

Through Renewal House, Sarah was connected with local resources that helped her furnish her apartment and get back on her feet.

Support services are available to Renewal House graduates all their lives to ensure they can maintain their independence and stability.

A National Alliance to End Homelessness study found

40% of homeless adults who were rehoused became homeless again within two years.

In contrast, more than 95% of formerly homeless seniors who complete the Renewal House program are never homeless again.

Please consider making a contribution today.

Western Connecticut State University

One of Our Most Enduring Community Partners!

Our founder, Karen Messina, was a graduate student at Western Connecticut State University when she first recognized that a different kind of help and shelter was needed for older men and women who are homeless. She developed the Renewal House program in collaboration with some of her fellow WCSU alumnae. Karen's graduate school professor was also an early supporter, recruiting volunteers to restore the house that was to become a temporary home for homeless seniors to regain and maintain independent living.



For many years, Juniors and Seniors from the Social Work department have been placed at Renewal House to serve internships that give them practical experience in their chosen profession. Their engagement has brought energy and innovation to our program.

Faculty from the Social Work department have served as board members, lending their respected expertise to program development and management.

We are grateful for WCSU—a community treasure!

How are You Managing Healthy Food Choices?

Renewal House residents and graduates are making good use of great local resources like the Danbury Farmers' Market and UCONN Extension services to improve their access to healthy produce and nutrition education.

On August 10, the Danbury Farmers' Market and UCONN presented interesting and valuable information, vouchers, and individual portion control plates to Renewal House residents and graduates during the monthly *Lunch on the Lawn* event.

Staying connected and healthy!



Low-income seniors are more likely to have diet-related health problems, such as obesity, heart disease, and diabetes. Eating fresh fruits and vegetables is an important way to prevent and manage these conditions, but fresh produce can be expensive.

Farmers markets offer a way for low-income seniors to buy fresh produce at a lower cost.

Celebrating 20 years of rebuilding lives

Visit our website:
renewalhousedanbury.org

Home Matters

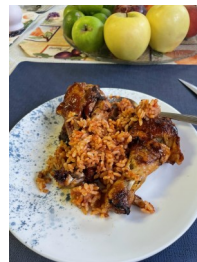
A pleasant kitchen can help the process of healing from any trauma, including the trauma of homelessness.

It can be a safe and calming space, helping us feel safe and relaxed.

And it can be a place to express ourselves through cooking and baking, helpful for those who are struggling with the emotional effects of trauma.

It can also be a way to connect with others. Cooking and baking can be social activities, helpful for people who are feeling isolated or alone. Sharing a meal can help to strengthen relationships and create a sense of community.

Unfortunately, Renewal House's 25 year old kitchen had lost quite a bit of its healing potential!



Thanks to the special gifts of three generous donors, our kitchen has been treated to a much-needed renovation. Refinished cabinets, a new counter, a new sink, and a fresh coat of paint

And thanks to our former Program Manager, Carolyn Marston, the kitchen is now home to a new set of dinnerware, which one of our newest residents graced with a delicious meal!

Yes, home does, indeed, matter!

And your support is creating a home for those working hard to restore their lives.

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**Sometimes we all need time to ourselves.
But sustained social isolation is devastating for seniors.**

Renewal House is doing its part to help identify issues of isolation among Danbury seniors. Our residents and graduates recently participated in a survey sponsored by the Age Well Community Council and United Way. The survey targets Danbury seniors (age 60 and older) to get a sense of their connection within their community.

Renewal House welcomes the opportunity to support the community that sustains those we serve!

**Through our Graduate Outreach Program,
Renewal House provides activities and
resources to prevent social isolation.**

Monthly wellness checks

**Monthly conversation groups at the Danbury
Library**

Weekly trips to local food resources

**Monthly Lunches on the Lawn at Renewal
House**

Board member
Georgia Carrington
and our first resident,
Tim.



Enjoying time
together during
lunch on the lawn
at Renewal House!



Maslow – A Partner in Healing

Who wouldn't want a gentle, loving companion on the path of healing from trauma? And who better than Maslow, therapy dog extraordinaire?

At times, Maslow joins a weekly counseling group at Renewal House. A furry bundle of comfort, affection, and unconditional love.

Residents' response? Maslow is welcome any time!

You can make a secure contribution conveniently at

renewalhousedanbury.org

Thank you for your support!