

# THE UPTOWN UPDATE

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Your direct link to the Uptown Faith Community Service Center

## What's New?

The holiday season has been busier than ever at Uptown, with a growing number of new clients seeking us out to find warm clothing, food and hygiene supplies to see them through the colder weather.

Over Thanksgiving we were able to give out specially prepared bags of food, generously donated by the Christ Episcopal Church of Coronado, so that clients had all the ingredients they needed to make a Thanksgiving meal, including a gift card to purchase a turkey from a local grocery store.

Our supporting churches have each chosen a calendar month during which their congregations donate much-needed hygiene supplies for the Center.

This has made a huge difference in the quantity and variety of items that we are able to provide to our clients.

Board members hosted a volunteer Christmas party at the start of December to thank volunteers for all their dedication and hard work, which continues to allow the Center to stay open five days a week.

Carmen Samuels, long-time Uptown supporter and tireless advocate for the homeless and those in need, was presented by the Board with a special plaque which will be put up in the Center, where one of the rooms there will be named in her honor.



## Client Corner....

Rebecca arrived in San Diego four years ago, after struggling with a drug addiction and feeling that she did not "fit in" in the city where she had been living.

After speaking with other homeless people in the area, she was directed to the Uptown FCSC and was immediately assisted. They were able to get her into an emergency shelter downtown and

provide her with immediate needs such as clothing and food.

Rebecca is now working as a part-time laborer and says that being able to come to the Center provides her with peace of mind and a feeling of security. She says that the volunteers treat everyone as equals and have created an environment where people feel welcome and safe.



*Uptown Faith  
Community  
Service Center  
Volunteer:*

**Robert  
Christman**

## Volunteer Profile....

Robert started volunteering at Uptown towards the end of 2010, and has been a regular member of the team ever since. He typically volunteers three mornings a week, and is well-loved by staff and clients alike for his quick sense of humor and warm character. Robert moved from Dallas, Texas about 4 years ago, where he was heavily involved with the Boy Scouts of America for several decades. Back here he is also a dedicated volunteer at the San Diego LGBT Community Center, where he works two days a week. Robert says that he loves being around people and that working at Uptown helps him to keep his own life in perspective and give something back to the community. "I especially enjoy being able to interact with people from all different walks of life, and hope to be a volunteer here for as long as I can," says Robert.

Her self-confidence is gradually returning and she has been able to stay free from drugs for the entire time she has been in San Diego. She attributes this largely to Uptown, saying that it has been much easier for her to stay on the right side of the law and not have to beg, borrow or steal to get by.

Rebecca visits the Center at least once a

week to check her mail, use the computer and get clothing and other needed supplies. In the long-term she hopes that she will eventually regain enough confidence to find a place to live and become self-sufficient.

"It is such a gift for us to have the Center and the Uptown volunteers who help us with the things we need," says Rebecca.

# UPTOWN

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## MacDonald's Musings...

**A few words to our clients from Uptown FCSC Operations Coordinator, J.D. MacDonald...**

Happy New Year to everyone!  
A new year brings change and opportunities for a new beginning in all of our lives.



Great news for all of our clients: we have a limited supply of MTS Compass cards to share. The cards are a full one-day pass to be used to attend doctors' appointments, meet with social services or any other important appointment. One pass per person every 60 days. In order to receive a pass, please bring an appointment card or other documentation to show that there is a need for transportation. Our volunteers will be happy to assist you with the card. Remember these passes are donated and are only available while we have those donations.

**Our mission statement:**

*"To help the homeless and those in desperate need, without discrimination or prejudice, to live in dignity and become self-supporting members of our community."*

## Upcoming Events...



**Join us for Uptown's 5K Walk for the Homeless on Saturday March 9<sup>th</sup>.**

Registration will begin at **8.00am** at the University Christian Church, located at 3900 Cleveland Avenue. Walkers will head towards the Uptown Center for a water stop and tour, before making their way back to the Church for a breakfast at 10.00am. Breakfast costs \$25 but walkers who raise \$100 or more can eat for free!!

Please save the date and join us for this event, which is always great fun. The funds raised go to support the Uptown Faith Community Service Center in providing services to the homeless and other neighbors in need. Sponsorship forms are available at the sponsoring churches, as well as at the Uptown FCSC on 30<sup>th</sup> Street (see full address above) and on our website: [www.uptownfaith.org](http://www.uptownfaith.org)