

# Summertime...and the Livin' Isn't Easy

I have a skill-testing question for you folks (I know, you weren't expecting to take a quiz today, but bear with me): When do you think we see the most people and greatest need for resources?

The obvious answer would be wintertime. It's cold, it's snowy, and people need to stay warm. You might be surprised to hear that we see more people come through our doors in the summertime. I realize it seems counterintuitive! However, in the winter, quite a few of our clients are able to scrounge up some form of shelter for themselves. They'll couch surf, or find a family member to stay with, or even land themselves in jail for a bit just to stay warm.

bringing hope

In the summertime though, those people will often be forced to fend for themselves. They'll have to walk all day long, moving from place to place in shoes that don't fit them. They'll be carrying all of their earthly belongings in a backpack, a small suitcase or shopping cart that they have to sleep on top of to ensure it doesn't get stolen. Dehydration is a constant worry, particularly as temperatures climb in the hottest points of the summer. They need basic hygiene items to stay clean, and clean clothing as they'll sweat through a shirt in no time. We also need to make sure they eat more to keep up with the increased movement.

Please don't misunderstand, wintertime is still plenty busy. But our needs don't go down as the temperatures go up.

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## Phillip's Journey

During my childhood I lived on the reserve with my parents. I love my parents, although we don't really get along. Growing up it wasn't really the best environment, even though they thought they were taking care of us the best they could with food, shelter, and clothes. Being from the reserve, we didn't get much money. My dad provided for us the way he thought was best because that's how he grew up.

I was 11 when we were taken into foster care, but we went back to my parents about two years later. At the age of 13, I started smoking weed like my cousins, like everybody. I realized I didn't have the things that I wanted; like the toys I wanted or the clothes I liked. I knew how to make extra money, so I began selling drugs. I got kicked out of my parent's house and went to my grandma's. I was partying and drinking, and my grandma found out I was selling drugs. I was 18 when I got my first charges and ended up with a slap on the wrist - I thought, "Okay, I can do what I want and get out of it". I continued to party, drink, do drugs, and get into trouble.

At 23 I thought I was doing well and moved to Lethbridge. I had a girlfriend and my first child, until she found the drugs I was hiding from her in the back of the freezer. The relationship fell apart and I eventually ended up in jail. I was using prescription pills and heroin, and eventually started using fentanyl, meth, and anything else. I lost all motivation and gave up on everything.

I lost a lot of my friends and family. I was in and out of jail for most of my adult life. I felt guilty because I was the one providing my own people with drugs. I overdosed and died multiple times. I don't think I



would have made it for another year. One day a Streets Alive staff member standing outside, wondering where I had been because she had not seen me in awhile. I told her that I was trying to stay sober but hadn't been able to get into a program. Streets Alive took me in and got me a "compassion bed" in the Exodus Men's Life Recovery Program. I didn't know what to expect but I felt comfortable because I knew the people already. I saw people complete the program and it made me feel like I could do it too. It motivated me more and made me want to not just throw everything away.

I'm grateful for this place. The program has given me the opportunity to work and go to school, I just spoke with Red Crow College. I never thought I'd ever, ever be able to do this with my life. Growing up in that life, I thought I was actually going to die no matter what, because that's what I grew up in, that's what I was taught. Now I feel like I have an opportunity. I am now eight months sober. I'm just grateful that Exodus and Streets Alive gave me this opportunity, I have learned a lot at my own pace and on my own time.





# upcoming events





For more information, tickets or sponsorship opportunities go to streetsalive.ca

### What happens with a prayer request?

We have a prayer team that meets on Monday mornings from 9:00 until 10:30 at Streets Alive Mission. This devoted team prays over each prayer request received. Even during the pandemic all prayer requests were delivered to our prayer leader who would pray over them.

This is an important ministry for Streets Alive, and everyone we serve. If you are interested in coming in for prayers or learning more about this ministry, please join us on a Monday morning, all are welcome.

# Restoring Dignity

Have you ever thought about how you feel when you have put on clean clothes, had your hair washed and cut, and your sore feet treated? Many of the individuals served at Streets Alive Mission have not had their hair washed or trimmed in a long time. They have not had clean clothes to put on for days, weeks, or longer. They often suffer from "trench foot" or other foot ailments including tinea pedis, and they have foot pain and functional limitations with walking and improperly-fitting shoes.

PIN (Pediatrical Panels of the individuals served at Streets Alive Mission have not had clean clothes to put on for days, weeks, or longer. They often suffer from "trench foot" or other foot ailments including tinea pedis, and they have foot pain and functional limitations with walking and improperly-fitting shoes.

Streets Alive Mission offers those who are struggling on the streets with the chance to regain some dignity with our Restoration Programs.

These programs are supported by incredible volunteers and not only assist someone in feeling better about themselves, but also makes an impact in their health.



PIN (People In Need) Clothing Bank supplies clothing, shoes, coats, toiletries and more.





Foot Fridays provide a warm foot wash, nail clippings, and some fresh socks which makes a huge difference in foot health.

For more information on how you can support these programs and help RESTORE DIGNITY in someone's life go to streetsalive.ca or call 403-320-1159



Streets Alive Mission collects used items from the community to provide for those in need. Below are some of the items we are always in need of.

backpacks
hoodies
jeans (sizes 28 - 32)
sweat pants/joggers
hygiene items
new men's and women's underwear
furniture
appliances
any household items

water
non-perishable food
items for our emergency food bank

financial donations to purchase most needed items

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Your donations of time, talents, finances, and donated items, help support our most vulnerable.

Streets Alive Mission is planning to raise an estimated \$1,200,000 this year on fundraising campaigns. It will cost the organization an estimated \$149,000 to accomplish this. The money raised will be used to provide services for those struggling with poverty in our community.