



DIMITRI HOUSE
 102 North Union Street
 Rochester, NY 14607

NON PROFIT
 ORGANIZATION
 U.S. POSTAGE PAID
 ROCHESTER, NY
 PERMIT NO.1580

Upcoming Events

SMP Golf Tournament



Join us for our annual Golf Tournament, presented by SMP. We welcome all players, from novice beginners to experts who have been playing for years. There will be prizes for the top scoring players as well as numerous raffles for participants to play in. Get a group together to play with us – we look forward to seeing you!

June 21, 2018
 Shadow Lake Golf & Racquet Club
 1850 Five Mile Line Road
 Penfield, NY 14526
 Admission fee: \$125 per person



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Issue
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Winter
 2018

Yummy Fundraisers



Dimitri House would like to announce that the upcoming spring and summer months aren't just bringing sun and warmth – they're bringing back the Dining for Dollars Dimitri House fundraisers! Make sure to check on our website, Facebook, and in your email for these tasty fundraisers. We can't wait to join you there for burgers, fries, and a great time!



About Us

Dimitri Digest is a quarterly publication of Dimitri House, Inc.

Dimitri House works within the Rochester, NY community to provide essential services to those coping with poverty and homelessness. In addition to various case management and referral services, we offer a drop-in lunch program, an emergency food cupboard, a men's emergency winter shelter, and a security deposit program (DASH).

Learn more at
<http://www.dimitri-house.org>

The Dimitri Digest

To serve our neighbors in need with love and acceptance, joining them on their journey toward self-sufficiency.



DIMITRI HOUSE

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A Letter from The Executive Director

"What should I give to a homeless person on the streets?" This is one of the most common questions I am asked here at Dimitri House. The answer is so simple and entails so little effort, I ask you to consider these 3 points to find the answer.

1. What does a homeless person look like anyway? I would always caution you to be careful assuming someone is "homeless." A person standing on a corner asking for help doesn't necessarily mean they have no home, they just need help! Quality affordable housing is indeed a rarity here in Rochester and housing costs are frequently a person's major expense, often leaving little or nothing left for other needed items. So much of our city is full of working poor or those living off monetary support systems such as social services, neither of which provide adequate monies to live a meager lifestyle. According to the US Census Bureau out of the 208,880-people living in Rochester NY in 2016, 32.8% were living at or below poverty level. * The stereotypical image of poverty and homeless is not what so many people assume.
2. Ask yourself why you are compelled to give that homeless person the change from your pocket or your leftover lunch when their sign says, "needs help." Do you find yourself questioning if you give them money, will they use it for something irresponsible such as drugs or alcohol? One of the biggest problems when people want to help a cause is that they assume they already

know the solution without asking the ones they seek to help. Hence, when we see a poor man begging on the street, we assume he must be hungry. However, what if he needs medication, a toothbrush, clean underwear or toilet paper? What if the woman holding a sign needs sanitary supplies, diapers or baby formula?

3. "How can I help you or what do you need?" Such a simple question when we want to help someone, but something we rarely engage in. I challenge you, be the braver one, be the better person, take the time and initiate the dialogue. Ask the person their name, introduce yourself, because who knows how long it's been since someone cared enough to ask. If you're heading to a store, ask them if they will be there upon your return, so you can bring it back to them. If they are a "regular" at that spot, ask if you can get it to them tomorrow. At that point you will have given that person respect, dignity, and compassion along with whatever useful item that they need. Show them you are a person willing to help another in need, even if it's just for one moment or one item.

What should you give a homeless person? Simply what they need.

*<https://www.census.gov/quickfacts/fact/table/rochestercitynewyork/PST045216>

The Donors' Corner

Memorial and Tribute Gifts

One of the best ways to honor and remember those who have made a difference in our lives is to pay it forward and make a difference in another person's life. Memorials and tribute gifts made to Dimitri House are a fitting way to honor the memory of a loved one or to acknowledge the impact that someone has made in your life. We acknowledge all memorial gifts to a designated family member and send out letters of recognition to those special individuals you have chosen to honor.

We are so grateful for the gifts that have been made to Dimitri House between October 1, 2017 and December 31, 2017, and want to pause to acknowledge how incredibly appreciative we are for your gifts and donations.

"It's not about much we give, but how much love we put into giving."

- Mother Teresa

Memorial and Tribute gifts made between January 1, 2018 and March 31, 2018 will be listed in our spring issue of the Dimitri Digest.



Honors

Dianne & Michael Curry
Michael DeMott
Donald & Betty Potter
Eugene Renner
Barbara Unell
Robert Wood

Memorials

Earl Costich
Mary Lou Golojuch
George Hedden
Greg Lombardo
Carmen Rossi
Marilyn Sailer
Betty Schmitt & Otis

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Looking for a new way to give back? Consider joining our board or one of the committees that support Dimitri House – you'll be able to give your time and skills to a cause that helps serve thousands of people in the Rochester area every year. We're currently interviewing for energetic, connected people to join the following:

- Dimitri House Board of Directors
- General Fundraising Committee
- Event Specific Committees (including the Wine, Dine & Share gala event committee)



Want to make the love you share something that lasts throughout the year? If you think that your sweetie is sick of sweets and want some suggestions for how to make this year's anniversary an on-going celebration, check out our list of suggestions below:

- Spend some quality time together giving back to your community. Consider volunteering at Dimitri House with your special someone – you'll get to spend time together and help your neighbors in need all at the same time.
- Give a donation in honor of your special someone. We'll send them a letter telling them all about how your contribution helped feed the hungry, shelter the homeless, and support the needy.
- Reach out. Show love with little acts of kindness – shovel a neighbor's walkway, pay it forward at the drive-through, and any other acts that spread love and warm hearts.

Remember, anniversaries only happen once a year, but you can celebrate love throughout the year!

Flurries, Blizzards, and Arctic Freezes

The dangers of being homeless during a Rochester winter



"If you don't like the weather, just wait five minutes and it'll change."

This quote attributed Mark Twain certainly sums up each winter in upstate New York. With an average high of 31 degrees in January, winters in Rochester range from blasts of icy wind and snow to soggy rains and sticky mud. Of course, the discomfort that many face during the winter, including shoveling in below freezing temperatures and jumping dead car batteries, is nothing compared to the struggles our neighbors faced with homelessness deal with all day, every day throughout the season. The challenges that the homeless face can range from disheartening to life-threatening. Let's take a few minutes to discuss what types of dangerous the homeless population face during winters in Rochester, NY and how we can help support those in need.

Exposure

One of the most obvious threats to the homeless is the danger of exposure on severely cold days. The homeless are at risk for hypothermia, even at temperatures as high as 50 degrees Fahrenheit. Certain illnesses can cause hypothermia to set in more rapidly as well, leading to frostbite, decay of tissue, and even death.

Illnesses

As the cold and flu season worsens, homeless men and women are at an increased risk for these diseases since cold weather can cause immune systems to weaken.



Rochester Winter Trivia



- The average high temperature during the month of January is 32 degrees Fahrenheit.
- The yearly average amount of snowfall is 99.5 inches, with the most snow falling during January – about 28 inches.
- Temperatures drop below 10 degrees Fahrenheit eight times on average during January.
- The first flakes in Rochester start to fly at the end of October, while the first inch tends to fall around Thanksgiving
- The last time Rochester passed 24 hours with the temperature below zero was on January 19, 1994. It was 11 degrees below zero at the airport, with wind chill registering as low as 48 degrees below zero.

A Year in Review

2017 was a busy year for Dimitri House – here's a peek at what we've accomplished this past year:

Emergency Food Cupboard
- served 2,922 individuals in the Northeast region of Rochester, NY this year, including 988 children, 1668 adults, and 245 seniors over the age of 60.

Drop-In Lunch
- served hot meals to 4,391 individuals.

Men's Emergency Winter Shelter
- provided a total of 1,165 bed nights to homeless men in Rochester.

DASH
- provided an additional 21 security deposits to homeless individuals seeking out their first apartments

Thanksgiving Baskets
- provided baskets of food to 190 families (a 46% increase from last year!)

Volunteers
- logged a whopping 6868.5 hours of service to Dimitri House

Depression

As you are probably already aware, weather affects one's mental state. It's much easier to be happy and content on a warm, sunny day than it is when the weather is gloomy and cold. It's no surprise, then, that the bitterly cold winters in Rochester can not only increase the risk of illnesses such as SAD (Seasonal Affective Disorder) in otherwise healthy individuals, it can also worsen pre-existing conditions such as depression and other mental illnesses. During the holiday season, when many get together with loved ones to celebrate and show affection, homeless individuals may feel lonelier than during other times of the year.

What can we do to help?

1. Help point people to available shelters to stay warm. Remember that you can always call 211 to help people find appropriate shelter.
2. Donate warm winter clothing as well as basic undergarments (such as socks and underwear). Check with local shelters to see what they need most at the moment.
3. Donate. Consider making a special winter donation to Dimitri House or set up a recurring donation that can be relied upon throughout the year.
4. Volunteer. Your time is valuable – consider volunteering once a month in our shelter to support those in need.
5. Advocate. Get involved in the mission to support those struggling with homelessness and poverty and give a voice to those in need.