



# Friends of La Posada

## 2016

### Year of the Volunteer

Since its founding in 1990, Friends of La Posada, a shelter for homeless men in Carlsbad, has operated with an all-volunteer Board. This year we would like to celebrate the scores of additional volunteers who mean so much to La Posada and let you know how you can assist in this effort. Numerous volunteers serve as receptionists answering the phone and performing other tasks that free up La Posada's caseworkers to spend more time working with the residents on finding jobs and permanent housing. Other volunteers pick up donations from Von's and Panera Bread on a regular basis. Still others travel to the San Diego Food Bank to pick up the food items that are so essential for the meal program. More recently, groups of volunteers have started preparing weekend meals. Recently an entire team of volunteers from NRG Energy (owners of the Carlsbad Power Plant) spent hours pulling weeds and clearing the firebreak between La Posada and the canyon to its rear. Let us know if you would like to join in by contacting us at [friendsoflaposada@gmail.com](mailto:friendsoflaposada@gmail.com).



NRG Crew

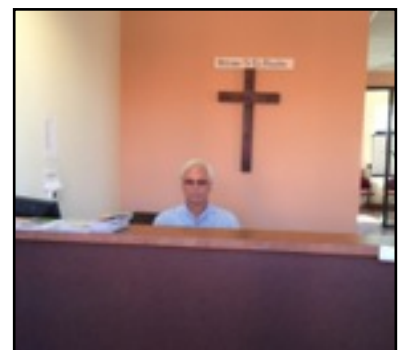


Haircuts(photo: Milad Sadegi)



Cooking at Thanksgiving

I was a  
stranger  
and you  
welcomed  
me.



Volunteer Receptionist

## A Letter From the President

Dear Friends,

This newsletter celebrates the many efforts made by community members during the last year to provide volunteer support for the wonderful work done at La Posada Men's Homeless Services. As the only operation of its kind serving homeless men (including veterans) on a year-round basis in all of North County, La Posada and its 100 beds is always busy. I know that the staff is truly grateful for all of this hands-on help.

This last year also saw a first as Friends of La Posada held its first annual benefit luncheon in October. The event was a huge success with over \$20,000 raised to support La Posada. Save the date now for this year's event, **October 28** at the Holiday Inn in Carlsbad.

We also completed our first annual Friendship Drive during the last year, and we were successful in raising about \$23,000 with that effort. Now it is time to kick off our Friendship Drive for 2016, and we ask that you show your continued commitment to La Posada by renewing (or signing up for the first time) as a "friend" at one of the levels shown below. Donations can be made by mail, by using the form below, or, for your convenience, this year you can go to our website ([www.friendsoflaposada.org](http://www.friendsoflaposada.org)) if you prefer to donate on line. Friends of La Posada is a non-profit 501(c)(3) organization, so all donations are tax-deductible. Our Tax I.D. number is 33-0417627. By donating to Friends of La Posada, you can make sure your charitable donations stay right here in our community.

In closing, on behalf of our entire Board, I would like to thank all of our supporters who help La Posada either financially or by rolling up their sleeves and helping with their operations. I know that many of you do both, and for that we are all truly grateful.

Best regards and with much gratitude,

Tom Maddox, President

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

Please make checks payable to Friends of La Posada and send to :  
PO Box 2194, Carlsbad CA. 92018

760-602-7933

website-[www.friendsoflaposada.org](http://www.friendsoflaposada.org)

email- [info@ friendsoflaposada.org](mailto:info@friendsoflaposada.org)

Individual \$35.00

Family \$50.00

Business/Organization \$100/00

Lifetime \$500.00

Donations in any amount are welcome

I am interested in the following: Please contact me.

Serving on the board \_\_\_\_\_

Serving as receptionist at the shelter \_\_\_\_\_

Planning special events for the men \_\_\_\_\_

Help with mailings \_\_\_\_\_

## Volunteering at the Shelter

Volunteers are essential to La Posada's mission, helping to shelter homeless men and to find them jobs and housing and to support farmworkers who plant the crops in and around Carlsbad. La Posada has a small dedicated staff to meet these needs, but they rely on volunteers to take care of the other tasks that keep La Posada running well.



Bread pickup  
volunteers

One of the most vital volunteer needs is the position of receptionist. This person is the first to hear from men who are seeking shelter at La Posada. He/she gets to know the needs of La Posada's clients well. The receptionist works in three to four hour shifts during the week. La Posada needs three receptionists now.

The shelter needs a volunteer with computer skills to update on-going research at La Posada.

Volunteers are now offering free hair cuts every three weeks. They are teaching English as a Second Language to the farmworkers. Some volunteers pick up and deliver day-old [left-over] bread from Von's and Panera. Starbucks and Chipotle offer other food for the shelter.

In the future, La Posada will continue to need volunteers to do this work, but they will also need creative volunteers who see a need and do it. One local business saw the weeds growing around the fence separating La Posada from the fields. Knowing these weeds are a fire hazard, they volunteered to pull out the weeds—to the gratitude of all who live and work at La Posada.

### We Have a Website

Joe Engelson of JE Web Design has generously designed a website for us. Thank you, Joe. Visit [friendsoflaposada.org](http://friendsoflaposada.org) to learn more about us and how to make a donation of funds or services.

## La Posada Services

- Assistance with short time housing for 60 days and long-term housing for farm workers
- Case management services and assistance with permanent housing search, employment leads and resources, job applications and resumes, translation and interpretation services
- Assistance with enrolling participants in medical or other health programs and with on-site and outside medical services
- Financial workshops on site
- Nutrition education classes on site
- Three meals a day and sack lunches for farm workers

### Helping with Meals and Activities

Lise deBedts, the Kitchen Director/Chef at La Posada, appreciates the volunteers who help with preparing and serving meals, providing activities that engage the residents in interaction with them and each other, and donating food and other kitchen items. Also individuals, groups, and businesses donate food items to the shelter.

Are you interested in helping? Here are some suggestions:

- 1) Volunteer for a weekend dinner to free up the staff who have to step in when the kitchen chef is not there, taking away time from their duties at the shelter. Currently the second Sundays and the first, third and fourth Saturdays need to be covered.
- 2) Do an outdoor meal on the grill.
- 3) Provide an interactive activity, so that residents can communicate with volunteers and initiate relationships with one another, an important goal for the shelter this year. This can be a stand-alone activity or one that connects with a meal. Some examples are: games, movies with discussion, get to know one another activities, and many other possibilities.

As Lise has shared, "One of the most uplifting and spiritually gratifying experiences is to be part of giving food to another human being who is truly in need." Finally, if you can also connect to that person and support him to connect to others, you will make a positive difference.

**Friends of La Posada  
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### **Your Generosity Makes this Possible**



President Tom Maddox presents \$20,000 to Joaquin Blas, Manager of La Posada at Thanksgiving event for the men. Please use the membership blank on Page 2 to help us continue this work.

Friends of La Posada is a publication of a not-for-profit corporation. The primary mission of the The Friends of La Posada is to raise money for the operation of the shelter, encourage community awareness of and participation in activities there and to serve as a liaison between the shelter and Carlsbad city government. The facility is operated by Catholic Charities of San Diego with the support of Friends of La Posada and in cooperation with the city of Carlsbad.