

Whats Happening at the Upper Room Dining Hall



Spring 2024



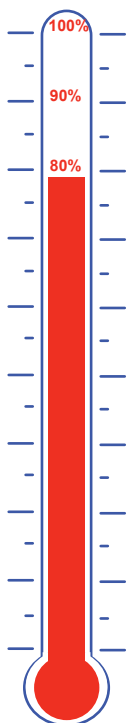
Karen Stinson

**Upper Room
Operations Director**

Dear Community,

Last year, we had the incredible privilege of serving 81,488 meals to members of our community in need. It's a testament to the generosity and compassion of individuals like you who stand with us, ensuring that no one goes hungry. We extend our heartfelt gratitude to every person who has supported our mission, whether through donations, volunteering their time, or spreading awareness. Your unwavering support empowers us to continue serving those most vulnerable among us, nourishing both body and soul.

Thanks to the incredible dedication of our supporters and volunteers, we're on the brink of realizing a pivotal dream: acquiring a food truck to extend our reach even further! With your continued support, we're closing in on our fundraising goals, inching closer to the day when we can bring nutritious meals directly to those who cannot access our traditional services. Together, we're not only feeding the hungry but also fostering a community of compassion and care. Your contributions bring us one step closer to making a tangible difference in the lives of countless individuals who rely on our services for sustenance and support.



**Hope begins
with a meal**

Mobile Meal Expansion Campaign

More than 16,000 people in our county live with food insecurity. Our goal is to expand our reach across the county to feed more hungry people because no one should have to wonder where their next meal is coming from.

Donate today!



Funds needed to purchase a meal delivery truck:

\$100,000



Upperroomdininghall.org



Tamara Janies

Tahoe Coalition for the Homeless

My name is Tamara Janies and I am a Coordinated Entry Specialist with Tahoe Coalition for the Homeless, our main office is located in South Lake Tahoe but I work on the West Slope. Coordinated Entry intakes are considered the Front Door, to homeless services in El Dorado County. I work throughout our County, both on the phone and in person, in an effort to provide access to information and services regarding homelessness. Additionally, I work with the clients to remove the barriers to housing and with other providers, to utilize all services available in an effort to move the client forward. Let me just say, "I love what I do and the people I do it with".

I started working with Karen Stinson and the wonderful folks at the Upper Room about three or four years ago, together we did quarterly clothing giveaways for the clients. As soon as my job changed to Coordinated Entry Specialist, I started doing intakes weekly at the Upper Room. It was immediately apparent, this was a match made in heaven. Since that time, TCH and the Upper Room have become close working companions. We have done street outreach, clothing giveaways, outreach to low-income families and most importantly, we have worked together to house and provide shelter for many of our mutually vulnerable clients.

This year has just started and I am so excited about the work we will do moving forward. I am truly grateful for the Upper Room and the valuable work we do together



Lucille Villalobos

Upper Room Board Member

I have lived in El Dorado County for over 30 years and been a volunteer on the Board at the Upper Room since 2017. I have worked in Health and Human Services for over 21 years serving public health, mental health, and children's services as an advocate to empower families' overall wellbeing. I have earned master's degrees in health administration and theology and believe that spiritual well-being is an avenue to heal the whole person with the power of love and humility. I have been a foster mother since 2018 and believe in giving back to the community having fostered 12 kids that now have broadened their horizons. I also serve as a chairwoman for my church's pastoral council, teach English as a second language and citizenship classes at my local church, as

well as serving on the Board for Association Guadalupana.

I love family time with my two beautiful sons and playing cards and dominos with my husband of 36 years. I also enjoy traveling which includes visiting my family in the Azores and my husband's family in El Salvador.

The Upper Room is more than just a meal! It is a place to find or hug the lost or broken. It is a place for a shower or hair cut. It is a place to find a warm smile. It is a place to heal and feed the hungry. It is a place of compassion and understanding without judgement. It is a place to release ourselves from our own prisons that temporarily hold us down. It is a place to soar like an eagle. It is a place of freedom to be who we are and to be humble and loved. It is a place to rebuild ourselves and redefine who we want to be. It is a place of peace and harmony that finds its way into our hearts and minds. It is a place to make music into our hearts and minds as we walk or dance our way into the future.



William Barry

Upper Room Volunteer

After a 40-year legal career, I filled most days playing golf, as I had imagined retirement would be. But, I soon realized I wanted something more meaningful, and started looking for volunteer opportunities. As a wannabe chef, Upper Room was the perfect fit: the chance to help others by doing something I love. Since 2020, I've been part of the Wednesday cooking crew, and recently added Lead Chef on the first Saturday each month. The rewards have been greater than I ever imagined, much better than a well-hit golf shot.

Our Wednesday crew have become good friends. We laugh a lot, and take great pride in preparing a restaurant-quality meal. We push management, and each other, to explore new boundaries of creativity. Beyond that, interacting with our guests has enriched my appreciation for my blessings, and empathy for those less fortunate. Their smiles and Thank You's make it all worthwhile. Wednesday has become my favorite day of the week.

The Upper Room experience motivated me to explore other ways to give back. My wife and I started a charitable foundation, that we call Building Bridges, to assist individuals and families experiencing temporary hardship. We've grown to 75 donors who participate in referrals, including from Karen and her network of contacts with those in need. I also recently became a Volunteer with Snowline Hospice, supporting patients and families in their most difficult time.

Thank you, Upper Room, for showing me that giving back can be so enriching. You ruined my golf game, but it's a small price to pay for what I've received.

Upcoming Fundraiser hosted by Hands4Hope Benefiting the Upper Room!



Union Mine Hands4Hope will be holding a car wash on April 7th. All proceeds will go towards the Upper Room Dining Hall. UM Hands4Hope Club participants are pre-selling tickets for \$5, or you can come the day of April 7th and buy a ticket for \$7.

For more information go to:

<https://www.youthmakingadifference.org/unionmine/cleancars4cause>

An Interview with Laura

Upper Room Guest, Laura talks about what it's like to be homeless.

See the Interview on YouTube

<https://youtu.be/OvX9AD2WdkU>

Or access it through our website:

upperroomdininghall.org



Hands4Hope - Youth Making A Difference
presents

EMPTY BOWLS DINNER

PROCEEDS BENEFIT THE UPPER ROOM DINING HALL, EARTH'S ANGELS, AND
HANDS4HOPE - YOUTH MAKING A DIFFERENCE EMERGENCY FOOD PANTRY



BE PART OF THE SOLUTION!

PLACERVILLE SHAKESPEARE CLUB
2940 BEDFORD AVE, PLACERVILLE

**SOUP, BREAD,
AND A BOWL**

Soup is served in a donated handmade bowl
to keep as a reminder that hunger is a
problem that exists locally and worldwide

\$20 PRESALE
\$25 AT THE DOOR
\$10 FOR STUDENTS

CHILDREN 4 AND UNDER EAT FREE!

NO ONE WILL BE TURNED AWAY DUE TO LACK OF FUNDS

MUSIC BY COLOMA CELTIC | BAKE SALE AVAILABLE

FOR TICKETS, VISIT
HANDS4HOPEYOUTH.ORG/EMPTYBOWLS



Saturday
April 6, 2024
4 to 7 p.m.

Questions: emptybowlsplacerville@gmail.com



Donate Here

We cannot do this work
without help from
people like you!

Upperroomdininghall.org



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More Than Just a Meal