

# THE SPRINGS ECHO



Colorado Springs, CO. May 2020



## A Street Paper

FREE PANDEMIC ISSUE

In Memoriam  
Raven Canon  
1976-2017



# SPECIAL COVID-19 PANDEMIC ISSUE!

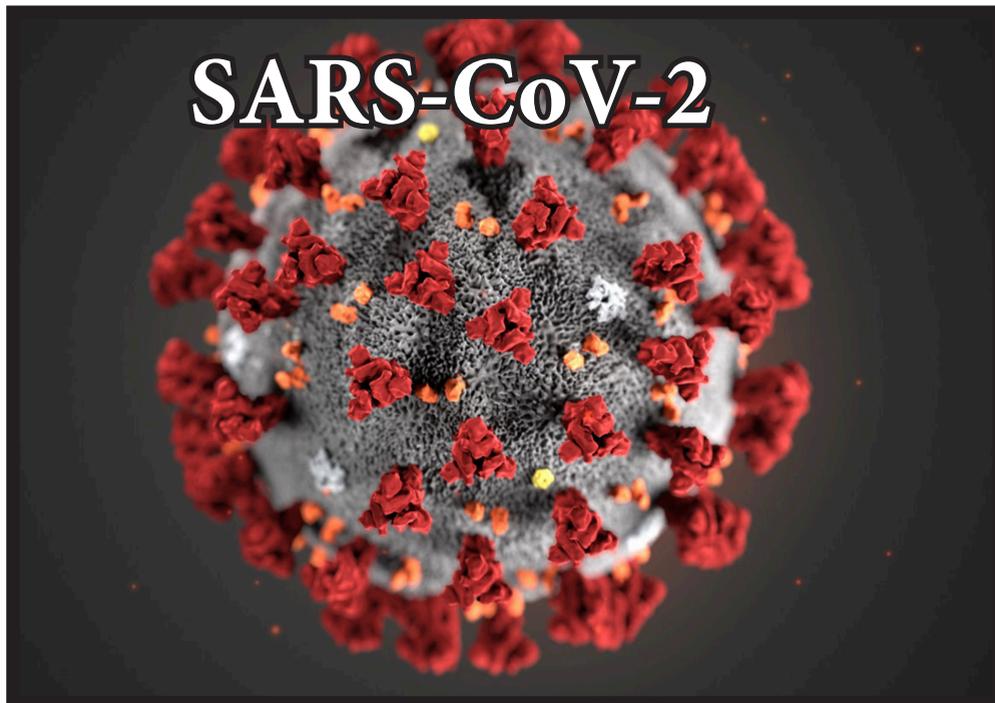
Thank you! Yes, YOU! No matter who you are or where you are, THANK YOU for picking up and reading this Special Pandemic issue of The Springs Echo. You may have picked this is up in the chow line at Marian House, in the courtyard of SRM, at your church, or in your office.

### NO MATTER - THANK YOU!

Our first and most important task is to acknowledge all of our vendors who have come to depend on this paper for a source of income. Out of health and safety concerns for all of us, we decided not to publish a paper in April. *It was a very hard decision!*

Although the "stay at home" order has been scaled back to a "safer at home" order, the danger has not receded to the point where we can safely resume "normal" vendor operations. We're not going way, but in this era of social-distancing and "Zoom Connections" we wonder, out loud, what the "new normal" will actually look like? Working on it!

Second, and no less important, we want to sincerely thank our friends who have stood with us during this difficult time — Westside CARES, Catholic Charities and Marian House, Springs Rescue Mission, RAWTools,



Beacon Fellowship Church, Citizen-Powered Media, Poor Richard's, The Perk Downtown, Rocky Top Resources, Old Town Bike Shop, the International Network of Street Papers, North America, and many others who have sent us messages of support.

### THANK YOU ALL!

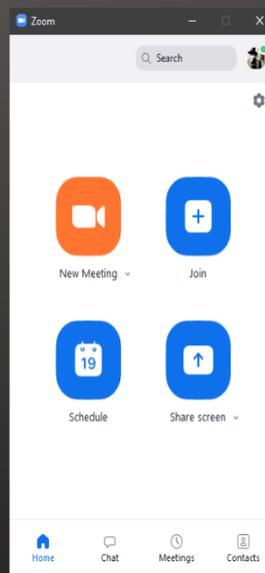
Finally, as our friend *Francis* says in his heartfelt message of encouragement to all of us on page 10, "*The coronavirus pandemic has made your work more difficult, but I am sure you will return stronger than ever.*" AND SO WE WILL!

With Much Gratitude,  
The Springs Echo Team

THE NEW NORMAL?



zoom



SIX FEET PLEASE!

SOCIAL DISTANCING

Inside

- Census 2020.....2
- Community Garden.....3
- Springs Rescue Mission....4
- Kristy Milligan, WSC.....6
- Great Things Happening!...8
- The Digital Couch.....9
- Poetry-Ashley Frisbie.....9
- Encouragement..... 11
- Look for the Helpers.....12
- Bike Clinic Musings..... 12

# CENSUS 2020

## 2020 Census: our mission to count everyone

The U.S. Census Bureau has embarked on its once-a-decade effort to conduct a census of population and housing. Our mission is to count everyone once, only once, and in the right place. Societal, demographic, and technological trends present challenges to locating people and encouraging response to the decennial census. As a result, some population groups are "hard-to-count." The Census Bureau devotes attention and resources to the "hard-to-count" to ensure a complete and accurate count of all populations.

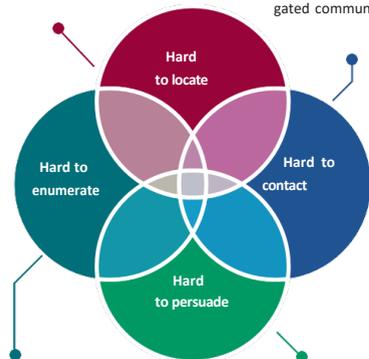
### How does the Census Bureau define "hard-to-count" populations?

Hard-to-count populations generally include those who are hard to locate, like households that may not appear on the Census Bureau's address list. Some populations are hard to contact because they are highly mobile, experiencing homelessness, or living in gated communities.

Hard-to-count populations can also be those that are hard to persuade because they lack trust in the government and the way their data will be used. They can also be hard to enumerate because of language barriers or low internet access.

Housing units not in the Census Bureau's address list

Highly mobile, people experiencing homelessness, physical access barriers such as gated communities



Participation hindered by language barriers, low literacy, lack of internet access

Lack of trust in the government, low levels of civic engagement

### Hard-to-count populations can fall into many categories. These include:

- > Young children under the age of five.
- > Highly mobile people.
- > Racial and ethnic minorities.
- > Non-English speakers.
- > Low-income people.
- > People experiencing homelessness.
- > Undocumented immigrants.
- > People who distrust the government.
- > LGBTQ people.
- > People with mental or physical disabilities
- > People who do not live in traditional housing

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For more information:

2020CENSUS.GOV

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United States  
Census  
2020

### How the Census Bureau reaches "hard-to-count" audiences

The Census Bureau goes to extraordinary lengths to count everyone living in the country once, only once, and in the right place, including those in hard-to-count populations.

Some of these methods include:

- Verifying address lists using satellite technology and address listers checking addresses in communities nationwide.
- Hand-delivering 2020 Census materials in unique areas, like remote villages in Northern Alaska and those areas impacted by natural disasters, like Hurricane Michael in Florida.
- Conducting a special operation to count "Group Quarters," places where people live in college housing, nursing homes, on military bases, and in prisons.
- Working with local partners to identify locations, like shelters and soup kitchens, to best count people experiencing homelessness.

### Resources for people with disabilities

To help Americans with disabilities, language guides will be available in American Sign Language, braille, and large print from 2020census.gov. Census Questionnaire Assistance will also include a dedicated phone number for those using a telecommunications device for the deaf and hard of hearing.

### Resources for non-English speakers

The internet questionnaire and Census Questionnaire Assistance will be available in 12 non-English languages: Spanish, Chinese, Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese. Language guides, glossaries, and language identification cards will be available in 59 non-English languages. Paper questionnaires will be available in English and Spanish.

> Spanish	> Haitian Creole	> Bengali	> Romanian	> Tamil	> Tigrinya	> Igbo
> Chinese	> Portuguese	> Greek	> Telugu	> Navajo	> Ilocano	> Marathi
> Vietnamese	> Japanese	> Amharic	> Burmese	> Hungarian	> Dutch	> Sinhala
> Korean	> Italian	> Somali	> Punjabi	> Hebrew	> Croatian	> Slovak
> Russian	> Farsi	> Thai	> Lao	> Malayalam	> Bulgarian	> American Sign Language
> Arabic	> German	> Gujarati	> Hmong	> Swahili	> Twi	
> Tagalog	> Armenian	> Khmer	> Albanian	> Yiddish	> Lithuanian	
> Polish	> Hindi	> Nepali	> Turkish	> Indonesian	> Yoruba	
> French	> Ukrainian	> Urdu	> Bosnian	> Serbian	> Czech	

Additionally, the Census Bureau will hire census takers to work in their own communities so that they are familiar with, and speak the language of, the neighborhoods in which they are working.

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## 2020 Census Operational Adjustments Due to COVID-19

The 2020 Census is underway - more than half the households across America have responded - and more are responding every day. Online, phone and mailed self-responses will continue throughout the data collection process.

### In light of the COVID-19 outbreak, the U.S. Census Bureau has adjusted 2020 Census operations in order to:

- Protect the health and safety of the American public and Census Bureau employees.
- Implement guidance from Federal, State, and local authorities regarding COVID-19.
- Ensure a complete and accurate count of all communities.

### Service Based Enumeration

Census takers are working with service providers at soup kitchens, shelters, and regularly scheduled food vans to count the people they serve.

**Planned Schedule:** March 30 – April 1

**Revised Schedule:** Needs further review & coordination with partners.

### Mobile Questionnaire Assistance

Census Bureau staff assists people with responding online at places people gather (events, grocery stores, etc.).

**Planned Schedule:** March 30 – July 31

**Revised Schedule:** Needs further review & coordination with outside partners and stakeholders.

### Count of People Experiencing Homelessness Outdoors

Census takers count people under bridges, in parks, in all-night businesses, etc.

**Planned Schedule:** April 1

**Revised Schedule:** Needs further review & coordination with outside partners and stakeholders.

### Enumeration of Transitory Locations

Census takers count people staying at campgrounds, RV parks, marinas, and hotels if they do not usually live elsewhere.

**Planned Schedule:** April 9 – May 4

**Revised Schedule:** Tentatively September 3 – September 28, but may need further review & coordination.

# The PPLD Community Garden Returns!

“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.” - Alfred Austin



Bill (Life), Debbie (Love), Tim (Community), & Chris (PPLD) Photo by Troy



Tim Photo by Bill

**DID YOU KNOW?**  
 PPLD has a demonstration garden that shows you can grow a garden anywhere, even a downtown library! Our friends who don't easily have access to fresh, local food may sample directly from these gardens at the Penrose Library or enjoy them at the Marian House Soup Kitchen during the noon day meal.  
  
 Thank you PPLD and the Sustainability Team for your dedication and vision of what an urban, community garden represents and means to a community. Our future will be brighter, stronger, more loving and a source of hope for all...because of you!



Chris (PPLD), Tim (Community), Debbie (Love), & Bill (Life) Photo by Troy



Troy (Community), Chris (Love), Tim (PPLD), & Bill (Life) Photo by Debbie



Debbie Photo by Bill

# SPRINGS RESCUE MISSION

**C**COVID-19 caught the world by surprise, and Springs Rescue Mission was no exception.

In early March, staff and leadership of the nonprofit — which operates a 450-bed homeless shelter, a soup kitchen, a daytime resource center and a men's residential addiction recovery program — began grappling with the reality of the situation. The U.S. Centers for Disease Control and Prevention, along with the World Health Organization, released reports signaling that the homeless population was among the most vulnerable to the highly contagious virus.

The Mission faced obstacles such as supply shortages and a 20-percent increase in the number of homeless men and women seeking services at its campus in downtown Colorado Springs. Not to mention the challenging logistics of social distancing in a homeless shelter.

But with the help of frontline staffers, local governments and community partners, the challenge was met. While many U.S. cities have seen the virus spread among their homeless populations, Colorado Springs has avoided a much-feared outbreak of COVID-19.

"Our front-line teams have been heroes," said Chief Development Officer Travis Williams. "They've been stretched thin but have been working tirelessly to meet the demand for services. They continue to provide hot meals, shelter, care and counsel to those who need it most."

In mid-March, Springs Rescue Mission began implementing a series of protocols to reduce the likelihood of an outbreak. Non-essential staff began working from home, non-essential services were suspended, and the organization began working with the City of Colorado Springs and other community partners to create a 70-bed "isolation shelter" for homeless individuals in need of quarantine.

After weeks of work — and a series of disappointing setbacks — the isolation shelter was opened April 5 at historic City Auditorium.

"Even if only one symptomatic person used the isolation shelter, it would be worth it to protect Colorado Springs already vulnerable homeless population," said Chief Development Officer Travis Williams.

Since the isolation center opened its doors on April 5, 30 people have

a challenge to work harder to protect those with health issues or weakened immune systems.

"It's made us more aware," said Kim, a Greenway Flats resident and Work Engagement participant. "Myself and my team are working to keep our clients safe as well as our staff. This has brought our team together — working tirelessly to keep everyone safe and sanitized."

"It's been a group effort," added Rob,

Williams said. "In fact, I think we were able to share even more love and hope through the isolation shelter and moving the Easter meal to our campus. We are committed to loving bigger and being that beacon of hope, especially in times of darkness."

On Monday, April 13 (the day after Easter) Samaritan's Kitchen welcomed nearly 250 people who received full plates of honey ham, mashed potatoes, green beans, warm rolls and pumpkin pie. The tables were covered with dressy tablecloths and prepared with real table settings and flowers. To help prepare and serve the dinner, employees from Mission Catering worked with Samaritan's Kitchen staff to bring the meal to fruition.

"It was really heartwarming," said Jason Horn, a New Life Program graduate and manager of Mission Catering. "Our guests seemed to really enjoy the extra effort put into providing them a full and delicious Easter meal. Some were sad that it didn't happen at City Auditorium, but surprised that it didn't stop us. They prayed for us and with us, and everyone was so respectful. I think they felt at home — and so did I."

As the COVID-19 pandemic begins to plateau and Americans gradually return to their everyday lives, it's important to consider the silver linings of such a crisis. Not to minimize its impact, but to recognize the great sense of hope, generosity and community that has been left in its wake. During this most difficult time, men and women across the nation rose to the occasion. And Colorado Springs was a shining example of that effort. "To see so many rally together to care for homeless individuals during this critical time is a testimony to this community," Williams said. "We recognize we're all in this together. The outpouring from this community to serve their fellow man has been inspiring. Perhaps we can all stretch a little more to serve, offer grace, and continue doing our part to care for one another."

been referred to the facility.

Morale has remained high among the 600 or so individuals that visit Springs Rescue Mission's campus each day. For homeless men and women, survival mode is the norm, and viruses are commonplace among a population that disproportionately suffers from underlying conditions like respiratory illness, heart disease and diabetes.

"When this all started, there was no fear," said Laron, a guest in the men's shelter. "We've survived so much already."

For individuals participating in the Mission's "Work Engagement" program, the coronavirus has posed

a shelter guest who also participates in Work Engagement. "I'm really proud of what we're doing here and how well this shelter has taken care of us."

The pandemic had other impacts on operations at the Mission. The organization's annual Easter Alive Outreach Meal was to be hosted at City Auditorium on Resurrection Sunday, but was moved to Samaritan's Kitchen after the creation of the isolation shelter a week prior.

It wasn't the Easter anyone was hoping for or expecting, but it was nonetheless a special one.

"Easter is a time of love and hope, and I think this one was no different,"



# by Cameron Moix



An unnamed Springs Rescue Mission guest relaxes last summer on his bunk in the men's shelter. Courtesy, SRM



Shelter guests enjoy a sunny day last summer in Springs Rescue Mission's courtyard area. Courtesy, SRM



Shelter guests at Springs Rescue Mission wait for a meal at Samaritan's Kitchen in the summer of 2019. It serves between 500 and 600 meals each day. C, SRM



Robert Ramsey, in the New Life men's addiction recovery program, reads a flyer illustrating best practices in coughing during the COVID-19 pandemic. C, SRM



The main floor of the isolation shelter that was opened April 5 at the historic City Auditorium. Courtesy, SRM



The portable shower and bathroom facilities positioned outside of the isolation shelter in the City Auditorium. Courtesy, SRM

# "Relationship is the Currency of Transformation"

There are a number of reasons Kristy Milligan, 41, is at the helm of Westside CARES, one of Colorado Springs's most successful non-profit agencies. She's friendly, she has an impressive track record of leadership, and she genuinely loves her work. But when you meet Kristy for the first time, whether that is in the context of a neighbor, volunteer, donor, or peer, something else emerges—something you sense, but might not be able to articulate until later, long after you've parted ways: you feel safe with her.

We recently sat down with Kristy to find out how she came to care so deeply for the less fortunate, what led her to Westside CARES, and what her plans are for the future.

**Kristy, will you talk a bit about what life was like growing up for you?**

Well, I was born in Denver. I was adopted at 6 weeks old and I came home to Colorado Springs to be with my family. My parents divorced and remarried around the time I was six, so I have two families here in Colorado Springs - four total parents. Three of the four were educators, so I grew up with a real appreciation for education.

I also grew up in Colorado Springs and almost all the homes in which I've lived over the years have been on the West Side. So, I have a real affection for the West Side and I've seen things change - some for the better and some for the worse. But I think growing up even as a little child it was always important to me to be inclusive - including of others - and kind. I really wanted to be the cool kid, but I was the kind kid. I was always self-motivated to do well in school, even when I was getting in trouble in junior high. I got into plenty of trouble in junior high, but I had straightened out by the time I graduated high school. I was lucky to have the family I have. I have an older step sister who lives in Florida with her daughter Taylor, who's my niece, and I had a younger sister who died in 2017, Amanda. I miss her every day.

**Have you always had an inclination towards volunteer work and helping people?**

I think it's true for many people that difficulty engenders a desire to give back. A lot of the neighbors we work with here at Westside CARES really want

to take care of each other and their beloved community because they themselves have experienced hardship. I think for many people adoption and divorce qualify as traumatic events, and I think for me those experiences of not quite knowing where my place was, were formative as it relates to my desire to include and help others. I think that's been with me for as long as I can remember.

**I understand you were appointed CEO for Westside CARES in July 2017. Will you please talk a little about West Side CARES and how it is unique compared to similar programs in Colorado Springs and how you help people in need and people who are struggling with homelessness?**

I believe that every job and every experience I've had in my life has led me to this moment and this job. I have never worked with and for a more compassionate caring group of people. It is a gift every single day. Part of what distinguishes Westside CARES from similar organizations is our long-standing commitment to opportunities that recognize the inherent dignity of everyone who walks through our doors. We recognize that there were 10,000 hurdles for each person before they even arrived at our doors. So, we have an agency-wide commitment to minimizing the barriers we put up for people. We are small and agile enough to be adaptive to meet emerging needs. We try to sit with people and walk alongside them, not as leaders who know what's best for them, but as co-accomplices in our neighbors' desires to become the fullest versions of themselves.

**Westside CARES offers a ton of programs, to include a victory garden program, fresh produce drop sites, back to school backpack projects, and various holiday programs. Is there a particular program you'd like to talk about?**



Kristy Milligan, CEO, WSC by Stacie Gonzalez

Yes. Shortly after I started at Westside CARES it became apparent that although a relatively small proportion of the people we saw here were experiencing homelessness, there was a real need for an intensive focus on helping people into housing. So, we started simply as a housing survey site. People could come and complete the VI-SPDAT (Vulnerability Index - Service Prioritization Decision Assistance Tool) and they would go on the coordinated entry list and maybe they would be identified and maybe they wouldn't. From that program and the synergy around that program and our work with the Continuum of Care, it became clear we needed to deepen our investment in that work. So, we launched a more comprehensive housing navigation program in late 2018. To date, we have been able to, along with dozens of community partners, place 40 previously homeless neighbors into housing that meets their unique needs. It's a partnership with the community, but it's an example of our ability to adapt to what's emerging and evolving in the community. We are not magicians. We are not the experts. But placing 40 people in just over twelve months is a big deal to us.

**Who is eligible for your services here at Westside CARES?**

The only eligibility requirement we have is that someone live, reside, or stay within our geographic service boundaries. Those boundaries are to the north (the Air Force Academy) to the south (Fountain-Fort Carson) to the east (I-25) and to the west (Teller County line). That is our only eligibility criteria. We have additional eligibility criteria for programs like our rental assistance program, COPE assistance, but in general we don't require people to show they have a need. We are here to help and not to create an administrative burden and not to shame people about having a tough time.

**Is there a need for relatability in your work? Does someone need special skills to volunteer with Westside CARES or to help people in need?**

The number one thing we look for when including a team member in the West Side CARES family is the ability to be present and listen, and to understand customer service. We recognize that the barriers to empowerment, self-fulfillment, and recognition of oneself as inherently dignified and deserving of love from their community are abundant. And so what we're looking for is someone who can really sit with people - someone who might make a time commitment. The vast majority of our volunteers are here with us every week. We believe that *relationship is the currency of transformation* and so having someone who is consistently and sustainably available to an individual neighbor is helpful in helping folks along their Journey.

**Can you describe a typical day for you personally?**

I am the only full-time employee at Westside CARES, so I am our Chief Financial Officer; our Chief Marketing Officer; our Chief Executive Officer (which means I am accountable to a 12-member board of directors and a 21-member faith community membership board); our Chief Development Officer (I do all of our social media); and I also like to do case management. So, there really is no typical day for me. I always try to build in a bit of latitude for whatever might be emerging. I want to make myself available to the neighbors. I believe that

# Kristy Milligan, Chief Executive Officer ~ WestsideCARES

## by Stacie Gonzalez

keeps me connected to the troubles they're experiencing, and it keeps me connected to the mission. Putting our mission into motion is impossible if I don't understand what the people we're working with are experiencing.

To the extent I can, I try to always be on site at Westside CARES when our doors are open. It is important for me to be accessible to the neighbors and to our 400 volunteers. I want to make sure those relationships are strong and that people feel supported.

### **Can you tell me about your first experience working with a person experiencing homelessness?**

Oh, I think I volunteered at soup kitchens when I was a child. I think I did that with my family and I think over the years I have volunteered in various ways that would encourage me to encounter a stranger who might be experiencing homelessness.

One thing that I really remember was in college. I was with a friend at a Circle K and that friend walked over to and sat down next to someone experiencing homelessness and just checked in and saw how the person's day was going. That was powerful for me to witness the shared humanity that happened in that moment for someone who felt probably invisible - to acknowledge that person. What I witnessed was beautiful, and it set me on a professional path of wanting to represent under-represented voices; to be a voice for folks who feel voiceless; and to be with people who are arguably the best people on the planet and it's the world's biggest secret.

### **What do you think the most challenging aspect of being homeless in Colorado Springs is?**

I think the most challenging aspect of being homeless in Colorado Springs or anywhere is the relative ability or inability of someone experiencing homelessness to internalize the stigma that is associated with homelessness that is cast upon them by society. There is evidence that the more a person believes that they are valuable and precious and that their life is worth saving, the harder they will work to do that. So what I would say to anyone experiencing homelessness is this: "You are precious and I will keep telling you until you believe it."

### **What does feeling a sense of security mean to you? How would you describe it for yourself?**

For me, having a sense of security is having adequate resources to support me when I stumble. Financially, that could look like I lose my job or I miss a rent payment. I know somebody will cut that check for me and float me. Emotionally, it's been a tough year for me and I have had to lean into dozens of beautiful friends—some of them neighbors here at Westside CARES—for love and support. So, there is that emotional, energetic resource, too. Security is knowing I have the internal and external resources to weather whatever storm is coming.

### **In your line of work what emotion do you experience the most?**

This isn't much of an emotion, but what I experience the most is humility and appreciation. I get to work with people who have no reason to have any confidence in me or anyone else, and yet they continue to show up and be generous and be willing to allow me into their lives to walk with them and to support them and to cheer them on. I've earned nothing more precious than their trust.

### **What is the most extreme example of poverty that you have seen?**

I know we talked about poverty largely in financial terms and I have worked with people who don't have a single person they can trust, a roof over their head, a dollar in their pocket; that's devastating, but the worst poverty that I've seen is someone who's forgotten that they're perfect and whole.

### **What would you recommend someone does first if they are suddenly homeless?**

I don't know if there's space for snark in this interview, but the first thing anyone should do if they're suddenly homeless—because we are all one catastrophe away from homelessness—is perhaps to make apologies and amends for any judgment that they cast on anyone until that moment. The second thing they should do is get connected with loving resources in their community like West Side CARES because this is why we're here. If we can't do it, we can help you get to who can do it; we're here to provide care and compassion.

### **For community members who do not know how to help, what would you suggest?**

Start simple. If you see someone that is clearly having the worst day of their life, make eye contact, say, "Hello." If you see someone picking up trash or standing at a street corner with a sign, say, "Good morning." That is the simplest and most important thing that you can do: acknowledge our interconnectedness with every human walking this Earth and recognizing how close we all are to that edge. Beyond that, there are volunteer opportunities. There are ways to engage directly with people experiencing poverty and homelessness, but the most important thing we can do as humans walking this Earth, is to check our prejudices, our prejudgments of people, and allow for the possibility of authentic action with another human being.

### **When you say neighbors, who are you referring to?**

The neighbors who come in to access services. So, we started that program after we received a lot of feedback about how disappointing it was to people who are sleeping outside to see a lot of trash accumulating in communal park areas; they wanted to do something about it. Out of that desire came our commitment to having regular cleanup opportunities and then adopting a trail. My hope for the future of Westside CARES is not just that we can continue to offer the services that are relevant and meaningful and impactful for the people we serve, but also offer additional opportunities for the people we serve to become leaders and us the followers.

### **What is the best advice someone has given you?**

There is a meditation teacher named Tara Brach, and she uses a phrase, "This too." It could mean "This too shall pass," but it often means "This too is Holy and whole and beloved." It's not exactly advice, but it's something that I come back to in moments of frustration. I say, "Oh yes, this too" in moments when I'm annoyed or challenged or despairing: This too. This too.

### **Is there a rewarding or upsetting moment you've had while working with people in need that stands out in your mind?**

Every single time someone decides for themselves, for their future, is a rewarding moment and in that way I get to have five celebrations a day. That's beautiful. I mean we all love the success story where someone gets housed and gets the job, but those shiny bootstrap stories can be misleading. They can be pernicious. They can lead to the myth of bootstraps which implies that in all that stands between someone and the societal definition of success is their own resolve, and that's not true. There are systems that should have caught people as they were falling and held them and kept them safe and the systems failed. It's devastating every time it happens.

### **Is there anything that you would like to talk about and for readers to know?**

You know this gets back to the advice question, but I was thinking about it. Maybe this is just where I am in my life, but I have a very close friend who many years ago said to me, "The way you do something is the way you do everything." What that means is it's important to look for continuity between what someone says and what they do. If I am disciplined and I get up every morning and go for a run, I will be disciplined at my desk and I will be disciplined about fulfilling the promises I make to the neighbors. And so I come back to that at least once a week: The way you do something is the way you do anything.

One thing I see in the demographic we serve is extraordinary, like unbelievable, mind-boggling generosity and grace. What I would say about that to readers of *The Springs Echo* is "The way you do something is the way you do anything." These are the people you want living in your rentals. These are the people you want reporting to work for you. These are the most generous people I have ever met. These people I've met at Westside CARES, whether they are volunteers or neighbors, who come through the door to conspire together for services, are the most beautiful people you could ever know. I'm sad for anyone who doesn't get to know them every day.

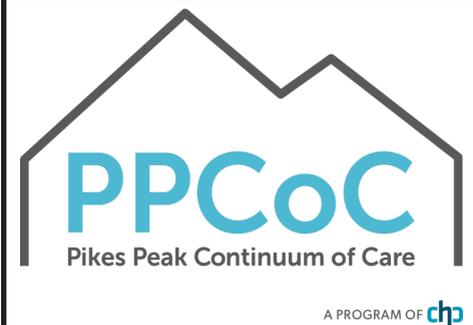
**For more information about Westside CARES, call (719) 389-0759 or follow them at [westsidecares.org](http://westsidecares.org).**

# Great Things Are Happening!



Westside CARES remains deeply committed to offering what services it safely can during this pandemic. Because the organization relies almost entirely on the time and talent of 400+ volunteers, many of whom are statistically susceptible to coronavirus, we have had to scale our services to providing only the most basic, essential programs, including: mail delivery (Monday - Thursday, 10 a.m.-noon), pantry (Wednesdays at 1 p.m. at the Westside Community Center), rental assistance (the third Monday of the month by phone between 8 a.m. - 4.p.m. - 719-389-0759), food truck service in partnership with Catholic Charities, Salvation Army, and Fuel Church (at Westside CARES on Wednesdays at 1 p.m.), phone referrals (719-389-0759) and visits with our Penrose-St. Francis Nurse Lisa (by phone: 719-582-5094). We will continue to add services as it is safe and possible to do so and deeply appreciate our community's understanding of our limitations. We love you all and encourage you to take excellent care of yourselves during these challenging times and always.

Kristy Milligan  
CEO, Westside CARES



**The Pikes Peak Continuum of Care (PPCoC)** is a collaboration that helps communities plan for and provide a full range of emergency, transitional, and permanent housing to address the needs of our homeless neighbors.

PPCoC staff from Community Health Partnership helped to coordinate the opening of the Isolation Shelter at the City Auditorium on April 5th. The CU School of Medicine, Peak Vista, Catholic Charities, Springs Rescue Mission, Envida, Goodwill, Pikes Peak Library District, CSFD CARES, Zactly Employment Services, City of Colorado Springs, El Paso County Health Department, and the Office of Emergency Management planned and coordinated for two weeks to make the shelter a reality so that individuals without homes who are presumed positive or have tested positive for COVID-19 have a safe, comfortable place to recuperate if they become sick.

Referrals to the shelter are made by Springs Rescue Mission, the Salvation Army, and local hospitals. Individuals that may not be accessing services through these organizations can also go directly to the shelter if they have COVID symptoms (dry cough, shortness of breath, fever, sore throat) for an assessment. Services available at the shelter include showers, 3 meals daily, clean clothing and individual cots to sleep in. Individuals that are staying at the shelter are able to come and go, but are highly encouraged to remain at the shelter until they have been symptom free for at least 7 days to prevent the spread of infection.

Jennifer Mariano  
Director of Homeless Programs,  
PPCHP



For people experiencing homelessness, the closure of businesses, parks, and libraries has many consequences, one of which is the inability to obtain clean drinking water. Thanks to Olson Plumbing & Heating, Rampart Supply, and Colorado Sheet Metal for donating supplies and PPLD's caring and creative Facilities Department for construction, we now have three touchless water stations at Penrose Library, downtown.

**Closed, but still serving our community!**

John Spears  
CEO, Chief Librarian, PPLD



Touchless Water Stations - Penrose Library  
Courtesy, Pikes Peak Library District



Touchless Water Stations - Front Entrance - Penrose Library  
Courtesy, Pikes Peak Library District



During these times especially, we remember the importance of relationships, of hugs and smiles, and of showing people our hearts when we let them know that we see them. We all need human connection in our life. For those living on the streets for so long, that connection can be welcome in almost any form, even if life-threatening.

Ithaka will always serve the ostracized, the discarded, the ones who are forgotten.

We will always care with our hearts, and we will offer homes to those who most need them. Join us as we walk alongside our community's most vulnerable.

We could sure use the help.

Anjuli Kapoor  
Ithaka

**There is always more that can be done.**

# The Couch

by Judy Pastore

# Serenity and Strength

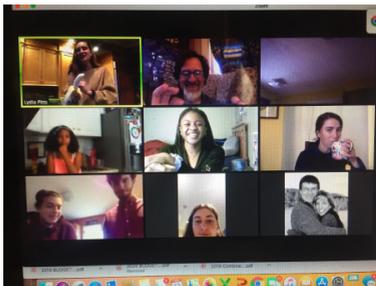
by Ashley Frisbie

## DIGITAL COUCH!

Join Concrete Couch as we run free, small group, interactive classes every day (Monday through Saturday)!



Visit us at [ConcreteCouch.org](http://ConcreteCouch.org) and see the full schedule on the calendar and to RSVP!



**Mondays:** Food (making or prep or growing)

**Tuesdays:** Art

**Wednesdays:** Construction

**Thursdays:** Science (taught by COOL SCIENCE)

**Fridays:** Movement (dance, yoga, hula hooping, theater, etc)

**Saturdays:** variable!

### TEACH A CLASS!

We are inviting anyone to teach a class...we will help you prepare and run your on-line class!

Give us a shout at: [teach@concretecouch.org](mailto:teach@concretecouch.org)

**Cheers**

**The Couch Team**

## Serenity and Strength

Negative feelings please get out of my head!  
This is not me, these thoughts don't belong.  
I will never be the same person.  
Escape the thoughts and be happy

### PLEASE GO AWAY!

The person I am now is new, I try so hard to let things go and try many ways to fly away from my past, but it comes to me, what do I do?

I hate the feelings of negativity, all they make is anger, sadness, and fear. I don't want these thoughts. It feels so bad, I get irritated, and heated up.

However, just think to climb the stairs to another world, escape the life you live for a while, enjoy pure joy for a while.

### WHAT DO YOU IMAGINE?

How about imagining a staircase that leads to a door. The door is closed, you make (have) fear of what's behind it. Stop! Just open it.

There is a world of what you dream about and are doing now, what goals have you completed and which ones make you the happiest. Then you reach another door, just open it, beyond the door is a beautiful path to walk that leads to a wonderful open lake.

Focus on the slow movement and serenity the lake gives off. The light from the sun shines upon the lake and shares such beauty. Think about, the night to come of a wonderful campsite, to breathe in the freshest air you breath in. Inhale, exhale, inhale, and continue. Listen to the silence surrounding you and the peace it brings.

You will have negative feelings and thoughts of your past, just think of the relaxation of that lake in front of you.

### RELAX, BREATHE, INHALE, and, EXHALE.

Peace is ahead of you, and just follow the path ahead and let it all fly through the wind as you pass through the forest. You have a lot of time to walk the path, take your time and do what is best for you. You are not the same person, you are safe.

Stay strong when the thoughts arrive, calm yourself when you feel those negative feelings. It takes time to feel calm, and to be strong. Let the feeling of all the aches help you gain the strength to ignore them, and let the thoughts of fear arrive until you learn to cope.

Peace is ahead of you, and just follow the path ahead and let it all fly through the wind...

## Who We Are - The Echo Team

We are a small group of volunteers who give of our time and energy hoping that our work might ease the burdens of our friends and neighbors.

Because of the difficulties and challenges brought to us all by the pandemic, we are giving this issue away for free as a way of thanking our community for your support. When times are better, and we have figured out what the "new normal" is, we would appreciate any support you might be able to provide. If you would like to help with this project of love, what we need most are donations to cover printing costs. Please make a tax deductible donation at our website. Thanks!



[www.thespringsecho.com](http://www.thespringsecho.com)



# Pope Francis Sends Message to Street Papers

## by Tony Inglis

### Pope Francis sends message to the street paper network: “The coronavirus pandemic has made your work difficult, but I am sure you will return stronger than ever”

In a personal message to the street paper network – expressing his solidarity with its journalists, its frontline staff, its volunteers and its vendors – Pope Francis hails the work being done by street papers to help “the vulnerable and invisible” in the testing circumstances created by COVID-19.

By Tony Inglis

Pope Francis has continued to show his support for the street paper movement and those living in poverty with a special message for the street paper network as it adapts to the impact of the coronavirus pandemic.

In the personal address, included in the Holy See’s daily bulletin today, (27 April), the Holy Father expressed his solidarity with all those involved with street papers, especially their vendors. He acknowledged that many of those who sell street papers are “homeless, terribly marginalised, and unemployed”, and that “those most vulnerable, the invisible, those without an abode, are at risk of paying the highest price” as the COVID-19 outbreak continues to impact all facets of society.

Pope Francis ended his message with a rallying cry: “The pandemic has made your work difficult, but I am sure that the great network of street papers will come back stronger than ever. These days, turning our gaze to the poorest can help all of us to realise how much is actually happening to us, and what our circumstances really are.”

#### Read Pope Francis’ message on the page to the right.

Maree Aldam, chief executive of the International Network of Street Papers, responded to the Pontiff’s message with gratitude.

She said: “The International Network of Street Papers is pleased to once again have the vocal support of Pope Francis, especially as the world’s most vulnerable and marginalised people face uncertain times ahead while society fights back against this pandemic.

“It is essential that world and community leaders of all stripes come together in solidarity to raise up those in poverty, and back the organisations - like street papers - that do such great work in helping those most in need.”

Pope Francis has been a long-time supporter of the work of street papers, and has been interviewed by INSP members on two previous occasions. In 2015, Marc, a vendor of Utrecht-based street paper *Straatnieuws*, alongside the publication’s editor Frank Dries, travelled to the Vatican to interview Pope Francis. In 2017, Stefano Lampertico, editor of Italian street paper *Scarp de' tenis*, and Antonio Mininni, one of the magazine’s vendors, did the same. Both resulting interviews became the most republished street paper story of their respective years.

The Pope’s message comes at a time when street papers across the world are facing unprecedented circumstances, with many having paused print production and temporarily removed vendors from the streets on which they normally sell the publication. Street papers are constantly adapting in order to make sure that their vendors can continue to rely on them for an income while riding out the effects of the coronavirus pandemic.

*FINSP would like to thank its volunteer translators for their tireless work, especially Marta Anna Segit, Lisa Luginbuhl and Shanon Richardson, who ensured Pope Francis’ message was translated into three languages from the original Italian.*

Courtesy of INSP.ngo



Pope Francis waves during a visit to the parish of St. Mary Josefa of the Heart of Jesus in Rome, Italy February 19, 2017. Credit: REUTERS/Remo Casilli



His Holiness Pope Francis meets formerly homeless street paper Marc during an exclusive interview for street papers at the Vatican. Credit: Frank Dries, *Straatnieuws* / INSP



Scarp de' tenis editor Stefano Lampertico interviews Pope Francis. Credit: L'Espresso/Osservatore Romano

# A Message of Encouragement

## *by The Holy Father Pope Francis*

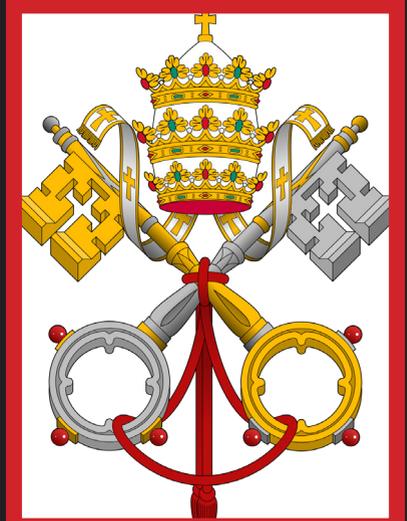
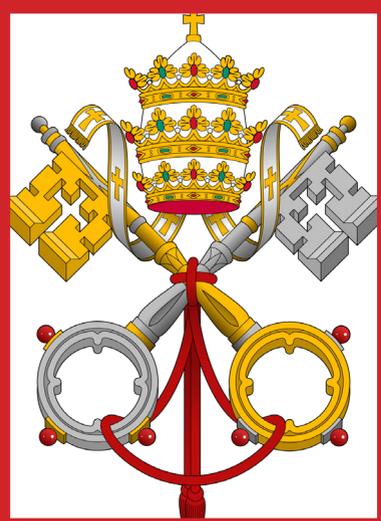
**T**he lives of millions of people, already facing numerous difficult challenges in our world and oppressed by the pandemic, have changed and are being severely tested. Those most vulnerable, the invisible, those without an abode, are at risk of paying the highest price.

I would therefore like to acknowledge the world of street papers, and especially the vendors, for the most part homeless, terribly marginalised, and unemployed - thousands of people across the world who live and have a job thanks to selling these extraordinary newspapers.

In Italy, I think of the beautiful experience of Scarp de' tenis, a Caritas project, which allows more than 130 people facing difficulties to have an income and thus access to fundamental citizens' rights. And not only that. I also think of the experience of more than 100 street papers all over the world, published in 35 countries and in 25 different languages, which provide 20,500 people in the world with employment and an income.

For many weeks now, the papers have not been sold, and the vendors have not been able to work. Therefore, I would like to express my solidarity with the journalists, the volunteers, and the people living thanks to these projects and who these days are doing everything they can thanks to many innovative ideas. The pandemic has made your work difficult, but I am sure that the great network of street papers will come back stronger than ever. These days, turning our gaze to the poorest can help all of us to realise how much is actually happening to us, and what our circumstances really are. My message of encouragement and brotherly friendship goes out to all of you. Thank you for the work you do, for the information you provide, and for the stories of hope that you tell.

*Francis*



# LOOK FOR THE HELPERS



## Bike Clinic Musings...

While the latest media word about 'COVID-19 is seldom available to those in shelters and campsites, grapevine communication nevertheless keep the neighborhood, including my spouse Mary and me, all in the news loop. So far, we are not homeless ourselves, yet our relationships to people in such circumstances are heavy with mutual hope for health and well-being.

Likewise are the efforts of various social service agencies downtown. They are gallantly helping with food, clothing, and Corona Mask provisions. They, - as do I at the bike clinic nearby - seek to maintain the six feet physical distancing policy while also trying to create a spirit of solidarity with one and all. From my clinic setting, I find most relationally daunting some of my clients' "confession" of "purposelessness." Normally that has been at least somewhat "solved" by the relational give-and-take among us as we face off with topics about bike needs, employment aspirations, family, friend, and courtroom anxieties. "Corona" has promoted the closing or at least operational reconfiguring of some social service agencies such as Marian House Soup Kitchen and Pikes Peak Library District. The new normal now frequently entails more isolated journeys by my clients with a deeper sense of meaninglessness that they'd ever thought possible.

Well, we hanker for a quick-fix anti-Corona button to press. But, to no avail, so far. Yet to ponder the question of purpose from a standpoint of poverty, daily uncertainty — and very little to protect of possessions and social class reputation— can identify questions we, as a species, must allow "Corona" to raise. Can this current virus be overcome without also ending our hoarding—be that toilet paper, food, medical supplies and Earth's abundance in general? Can it be overcome with overcoming the long-standing habitual viruses of war, violence, fake fear, economic domination, national and racial self-righteousness, and apathy-induced finger-pointing and ignorance?

From the prehistoric to today, voices from various human traditions have spoken of a united humanity at the heart of human purpose and potential. Love is always at the core of this mandate. As if 'Corona' is helping us implement this mandate by laying a planet-wide, deathly malady before us to finally open our eyes to the obvious; *the non-negotiable practice of our planetary oneness.*

*Peter*

## SPRINGS RESCUE MISSION



## BEACON FELLOWSHIP CHURCH

Live Worship on Facebook

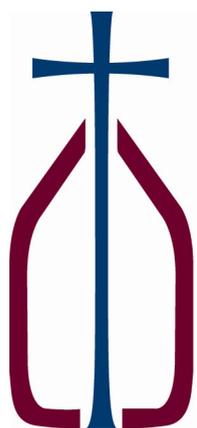
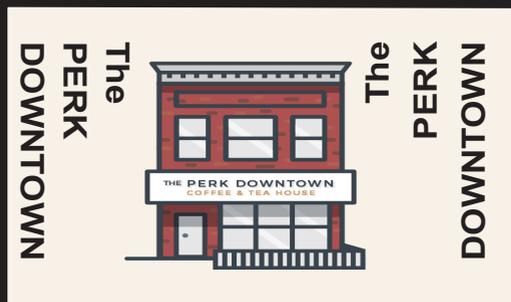
Sunday Mornings @ 10:00 a.m.

<https://www.facebook.com/beaconfellowshipchurch17>



Contact via email: [beaconfellowship17@gmail.com](mailto:beaconfellowship17@gmail.com)

Or By Telephone: (719) 744-8622



Catholic Charities of Central Colorado

