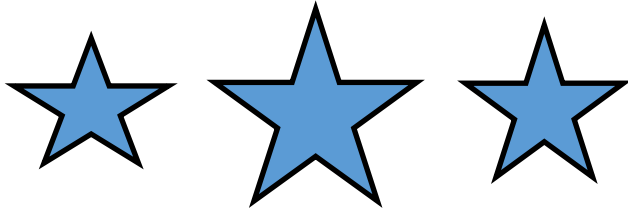




January 2020

Resiliency Village's mission is to improve the quality of life for our unsheltered and otherwise traumatized citizens. We provide fundamental on-site services, creative art therapies, skill-building, and the model of a healthy lifestyle, supporting the opportunity for a self-sustaining future through housing, healing, and hope.



**OUR FIRST OPEN HOUSE WAS A HUGE SUCCESS, THANKS TO YOU!**



Imagine living outside in these conditions: Tuolumne County gets 41 inches of rain, on average, per year, mostly in Winter. This region averages 63 inches of snow per year.

### Weather Chart for Sonora, January 2020

12/30	12/31	1	2	3	4	5
Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp
55°/32°	57°/34°	48°/25°	52°/28°	59°/28°	63°/32°	54°/39°
Hist. Avg. 55°/37°	Hist. Avg. 55°/37°	Hist. Avg. 55°/37°	Hist. Avg. 56°/37°	Hist. Avg. 56°/37°	Hist. Avg. 56°/37°	Hist. Avg. 56°/37°
6	7	8	9	10	11	12
Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp
46°/39°	57°/46°	61°/45°	54°/48°	61°/39°	66°/34°	59°/37°
Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°
13	14	15	16	17	18	19
Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp
61°/34°	55°/36°	48°/45°	57°/46°	52°/48°	57°/45°	64°/45°
Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°	Hist. Avg. 56°/38°
20	21	22	23	24	25	26
Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp
55°/41°	50°/37°	52°/28°	59°/32°	59°/32°	64°/34°	66°/36°
Hist. Avg. 56°/38°	Hist. Avg. 57°/38°	Hist. Avg. 57°/38°	Hist. Avg. 57°/38°	Hist. Avg. 57°/38°	Hist. Avg. 57°/38°	Hist. Avg. 57°/38°
27	28	29	30	31	2/1	2/2
Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp	Actual Temp
72°/39°	63°/39°	66°/41°	64°/39°	63°/43°	61°/43°	54°/41°
Hist. Avg. 57°/38°	Hist. Avg. 57°/38°	Hist. Avg. 57°/39°	Hist. Avg. 58°/39°	Hist. Avg. 58°/39°	Hist. Avg. 58°/39°	Hist. Avg. 58°/39°

A Note from Mark:

Happy New Year

The Resiliency Village project was launched in January of 2019. Thank you to all who have supported the effort in our first year. Martin Luther King said, “Faith is taking the first step, even when you don’t see the whole staircase.” We are acting on that kind of faith as we move forward in this effort to be a solution to a growing crisis in our community. Our belief in finding a way will get us to the top of the stairs. It has to.

The issue of so many of our brothers and sisters living without shelter is beyond politics or the usual left and right philosophical arguments. Every day I talk to or hear about people who live without adequate shelter, are about to lose their home or are making do in a space they can’t call their own. I regularly talk to families who are one big expense or breakdown from not being able to make the rent. The numbers have continued to swell, by my estimation we have close to 1500 people in Tuolumne County who are either unsheltered, living in a temporary shelter or doubled up in someone else’s home, that includes over 300 school-aged children.

This is truly a crisis of the human soul and it needs a response proportionate to the situation. This can only be accomplished with a collective effort from all across our community. We’ve been moving steadily forward during this first year but I believe the biggest accomplishment has been building the network of support that includes private donors, city and county government, members of the faith-based community, business owners, non-profit organizations and our unsheltered friends.

Understanding the role trauma plays in leading people to poverty and preventing them from escaping it while providing services to facilitate healing will make Resiliency Village a model for addressing homelessness. Doing it in a small rural county will highlight one of the many things we love about living here – our sense of belonging to a caring community that takes care of its own. We have a lot to do in 2020, thanks for being part of the solution!





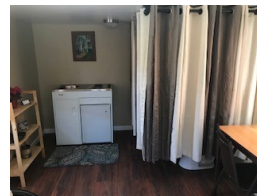
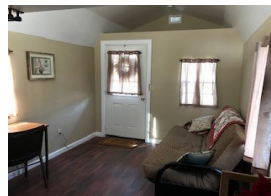
Resiliency Village delivering cold weather supplies to the Stockton Road Camp/Camp Hope

A Note from Shelley:

Imagine a night where a potluck meal is shared by members of our community, including our mayor, doctors, lawyers, supervisorial candidates, friends, and neighbors, including those from Camp Hope and other homeless sites within Tuolumne County.

That’s what happened at the Resiliency Village Open House. The entire night was inspiring, but for me, most notably, the greatest joy came while watching people chat, share dreams, a lovely meal, and mutual respect through genuine camaraderie. This dream for Resiliency Village started one year ago, but it feels like has involved a lifetime of preparation. We, the Board, have bonded in our commitment, to say the least. We believe in our mission and will see it through to the best of our ability. We always say, however, it’s not just us; it’s our community that will make this happen. The proof of this concept grew exponentially at this Open House on Saturday, December 14, 2019.

Your offers of help, ideas, and general support have touched us deeply, and we are grateful. As we move through the beginning of this new year, we have you in our hearts, the folks in the camps on our minds, and the future success of Resiliency Village as our goal. Each day the need for viable change grows exponentially. Throughout the state and the country, for that matter, homeless numbers grow. Trauma-related experiences translate into relatable statistics that make the connections between trauma and homelessness undeniable. The community relationships that continue to form around Resiliency Village will further our impact. All of you are part of that vision. Thank you.



Resiliency Village Tiny House Model

A Note From Brenda:

California’s economy is ranked 5<sup>th</sup> in the world, recently surpassing the United Kingdom. Paradoxically, California has the highest rate of homelessness in the nation. Have you ever stopped to think about how that happened?

A substantial contributor to the homelessness in California, and in Tuolumne County, is the lack of affordable housing, as well as housing in general. A couple of things contribute to the housing shortage: 1) Housing in California is being built at half the rate of the estimated need; 2) it cost more to build an “affordable” house than the standard price point for affordability, and 3) the Air BNB market has taken traditional second home rentals out of the rental inventory. Imagine trying to rent any place to live in Tuolumne County on \$900 or even \$1200 social security or disability!

In conjunction with the housing issue, the 2019 Point in Time Survey allows us to take a deeper look into reasons for Tuolumne County’s homeless population, which, per capita, is as high as San Francisco’s. The data shows that 5% were fleeing domestic violence, 2% had substance abuse issues, 4% had issues with mental health, and 8% were veterans.

Its time to not blame the homeless for being homeless, but to compassionately consider the myriad of reasons a person might become homeless. Resiliency Village’s mission is to accept people where they are, whatever the reasons might be that they became homeless, and to provide the help and support needed for each person to regain their dignity and potential. Thank you for joining us on our journey.



A note from Robert:

### Trauma Knows No Social Class

A few years back, I was working with Cecil Williams and Glide Church in San Francisco. This landmark Methodist Church was founded in the 1930s and became world-renown in the 1960s when its rooftop “love-ins” caught the attention of global media. But what makes this place so special is very much like what will make *Resiliency Village* special.

Located in the city's “Tenderloin District,” this diverse organization provides over 3,000 free meals to homeless and at-risk individuals every day and offers transitional housing in a high-rise condominium building adjacent to the church building. On average, they provide over 100,000 hours of licensed childcare and quality after-school programming to over 325 clients yearly. They provide emergency supplies to over 2,000 individuals, book over 5,000 shelter beds and help hundreds of homeless persons move into permanent housing.

The church also provides HIV testing, mental and primary health care, women's programs, crisis intervention, an after-school program, creative arts and mentoring for youth, literacy classes, computer training, job skills training, drug, and alcohol recovery programs, free legal services for the homeless, housing with case management, and much more.

During my time in service there, I helped them conduct a number of fundraising events and taught computer skills in a learning center that I helped create. In one memorable case, I met a former banker who had fallen on hard times through a number of family and personal crises that left him homeless, penniless, and unemployed. The skills he built through Glide not only qualified him for a new generation of banking work but gave him the confidence to go and get a great job. A few years later I heard that he had been promoted to a branch manager at the new bank and had a bright future.

This example demonstrates not only that trauma can strike anyone at any strata of society, but also that programs like the ones planned for *Resiliency Village* are the solution to the effects it creates. Will you help us make it happen?



A note from Erin:

Gratitude is a powerful emotion. It has the power to strengthen relationships, boost happiness and foster both physical and mental health. Studies show that practicing gratitude shifts attention away from negative emotions such as envy and resentment, minimizing the possibility of dwelling on them which is a hallmark of depression. We all can establish a practice of gratitude in many ways. By consciously journaling or meditating on what we're grateful for on a daily basis. By remembering to flip thoughts of negativity into positivity. Think about how many times a day we think that we should be doing something better, how many times a day we put ourselves down? When we have those thoughts we can catch ourselves and decide instead to remind ourselves of how many things we're doing well, of how many blessings we truly have. We can also establish a gratitude practice such as journaling all of the blessings (big and small) we've experienced in our day. Filling a jar with a note a day of something positive that happened to us. Little things or big things, such as getting green lights when we're in a hurry... hearing from a friend...hearing the news we've been hoping for...we experience so many blessings every day that are so easy to take for granted. The beneficial effects of gratitude snowball over time. Brain scans of people assigned a task that stimulates expression of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude. The emotion literally pays itself forward!

I'm so grateful for the support that Resiliency Village has experienced thus far. For the huge number of people that have heard of our vision and asked: “how can we help?” It fills me with hope and gratitude to know that there are so many people in our community that are not so concerned with how the downtrodden and disadvantaged have ended up where they are but are more concerned with how they can help, what they can do to make a difference. We've made great strides towards our mission in 2019 and I have no doubt that with the support we have, 2020 will bring epic advancements for Resiliency Village!