



## NEW YEAR, NEW YOU: WINTER 2011 NEWSLETTER

### FROM THE DESK OF THE PRESIDENT

Dear Friends,

I'm sure many of you are ready to store your snow shovels and boots away for the season in preparation for warmer weather. The winter doesn't seem like a conducive time for healthy habits and getting active when all we'd like to do is stay inside and hibernate with loved ones. Well, the staff at Samaritan Inns would like to do our part to change that mentality and move into this New Year with heart healthy initiatives in tow.

Through an innovative grant with Kaiser Permanente and local community partnerships, Samaritan Inns is now offering various health and nutrition education opportunities for our staff and residents. Through this particular grant, we have also brought on a registered dietician who is helping direct our staff and clients on a path of better nutrition. Our staff recognizes that both the physical and psychological needs of our clients must be met in order to ensure a successful recovery course and we are always looking for ways to further enrich the daily lives of our staff and clients. If you'd like to learn more about our health initiatives or want to donate your time and talents by offering your professional expertise in areas of nutrition and fitness please contact me at [larry@samaritaninns.org](mailto:larry@samaritaninns.org).

This is a busy time for our development team as we are in the process of organizing special events and expanded volunteer opportunities in 2011. We will be sure to keep you all posted with all of our upcoming events and news, and thank you for continuing the journey with us for another year!

Many Blessings,



### NUTRITION FOCUS: STAYING HEALTHY IN 2011



As part of our new grant from Kaiser, Samaritan Inns hosted nutrition education and cooking classes for the residents in the SRO Program and interested staff members. Partnering with the Capital Area Food Bank Cooking Matters Program, chefs and registered dietitians teach residents basic nutrition information that will enable them to make healthier decisions in their daily lives. Classes began January 6, 2011 and were held weekly until February 17th.

Residents learned about the MyPyramid food model and the different food groups it includes, the importance of whole grains, how to read food labels, proper cutting techniques, and the role of fat in cooking and nutrition. Other topics included the importance of eating breakfast, making healthy choices when dining out, and how to eat healthy on a budget while shopping for groceries.

During the class, participants had an opportunity to not only learn about nutrition, but to cook an assigned meal, eat the meal they prepared together, and take home groceries of what was prepared in class as well.



This class is vital for our residents because it empowers them to make healthier decisions for their general health as they strive to maintain sobriety from drugs and alcohol one day at a time. As a result of their addictions, many homeless addicts are not aware of healthy eating habits, and the majority does not eat all the food group servings needed. Studies have shown that people recovering from substance abuse addictions may develop addictions to other items such as sugar or caffeine, which can also negatively impact their health. Samaritan Inns is attempting to address these issues among our residents with this health initiative and more specifically with this nutrition education program. We look forward to staying healthy and happy in 2011!



### Thank you to our Dinner Fellowship Volunteers!

Kevin Leahy, Mover Moms, Tess Mullens, Bobby Cunningham, Gloria Duck, Emily LaMarsh, Jeremy Phelps, Laura McCann and friends

## STAFF SPOTLIGHT: LINDSEY PROCTOR

**LINDSEY** Proctor is the newest member of the Samaritan Inns' family as our Registered Dietician. She comes to us from North Carolina where she grew up and attended NC State University. Lindsey moved to the DC area for an internship last year at PCRM (Physicians Committee for Responsible Medicine) as a dietic intern working with cancer patients.



The transition to Samaritan Inns has been easy for Lindsey because she has always "had passion to help others live their life to the fullest and healthiest, especially in their journey to recovery."

When asked about her goals for the Nutritional Program, Lindsey said, "I am really excited to start individual nutrition plans and work with the kitchen staff to improve the quality of the food and how it is prepared. I have always been a strong believer that nutrition and healthy eating is not just about food, but a behavioral life style. You can't just preach to someone to eat their vegetables and whole grains and believe they will comply, because then we wouldn't have the obesity epidemic. You have to know someone's history in order to help them make and implement healthy changes."

In her free time, Lindsey enjoys cooking and baking, walking her dog Walker, and spending time with her family and boyfriend. She enjoys playing basketball and volleyball as well as reading nutritional articles and inspirational novels. We are so glad Lindsey is part of the team and look forward to her healthy nutritional tips for clients and staff!

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