



**Jorie Hidri**

*Volunteer and Donations Coordinator*

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## Our Mission

*Since 1992 Central Iowa Shelter & Services' mission is to provide free shelter and meals to homeless adults regardless of physical or emotional conditions, and to facilitate their move toward self-sufficiency.*

Approximately 2,000 homeless women and men have received emergency shelter and supportive services to help them move beyond homelessness each year.

In September 2012, CISS opened its new facility. The facility grew from being 8,000 square feet and 96 beds to 207 beds and 42,000 square feet. It is equipped to provide expanded emergency shelter (150 beds); expanded transitional housing for Veterans (19 rooms); and 38 Project Based Section 8 Voucher efficiency apartments. Along with expanded housing capacity, CISS also provides an on-site health clinic, food pantry, clothing closet and classroom.

All guests and residents are provided evening and breakfast meals; access to shower and laundry facilities, a weekly medical clinic, and group counseling; as well as individualized case management, life skills instruction, and referrals to other community services/benefits.

### **NEEDS LIST:**

Cash Donations

3 oz. Disposable Cups, Earplugs, Shower Sandals, Aspirin, Antacid, Pain-killer, Cough Drops, Cold/Flu Medications (without alcohol), Tylenol or Ibuprofen

Travel-size Shampoo and Soap, Toothpaste, Toothbrushes, Towels, Razors, Combs, Personal-size Deodorant, Feminine Hygiene Products (without plastic applicators), Bus Tokens, coffee, Hats, New Underwear (in various sizes), Men's Pants, Men's Shoes

Disinfecting Wipes, Sandwich bags, Can Openers, Pots, Pans, Plates, Bowls, Silverware

### **VOLUNTEERING:**

There are numerous ways to help out, depending on individuals verses groups. Interested individuals or groups can contact Jorie Hidri for more details.

#### Individual

Hygiene Window  
Clothing Closet  
Food Pantry  
Kitchen

#### Group Opportunities

Serving Lunch 11-1 weekdays (Groups of 10 or less)  
Evening Meal (Prepare, Serve, or Both)  
General Cleaning  
Garden/Outdoor  
Social Time with Clients

