

# FAME-EAW

## December Newsletter

[fame-eaw.org](http://fame-eaw.org)

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Equity Alliance of  
**WASHINGTON**  
F.A.M.E.  
Thrive • Revive • Dwell

## Warming Hearts, Healing Communities



### Letter from FAME-EAW

When the first snowflakes dance across Seattle's skyline, they tell a story far beyond seasonal beauty. Recent data tells us that in King County, over 11,000 individuals experience homelessness, with nearly 40% of them experiencing unsheltered conditions. According to the King County Point-in-Time Count, hypothermia claims lives every winter, with unhoused individuals 3-4 times more likely to die from cold-related conditions.

While shelters are an option, the Seattle/King County area has seen a 23% increase in homelessness over the past two years, stretching resources to their breaking point. It's also important to acknowledge that the holiday season can also bring sadness and trigger mental health struggles for many, including seasonal depression.

Hope is not lost! The winter months call us to extend our hands, to truly embody the spirit of community that defines us. Join us in transforming lives this holiday season, not only by helping those without shelter but also by supporting mental health awareness and making a lasting impact by giving to non-profit year-end giving campaigns.

#### Ways to Give and Make a Difference

1. FAME-EAW Housing Support: Please donate to support our programs to provide housing and support services.
2. Local Nonprofit:
  - Mary's Place: Provides shelter and support for women, children, and families
  - Union Gospel Mission: Offers meals, shelter, and recovery programs
3. Volunteer Opportunities:
  - Local warming centers
  - Holiday meal preparation



## Winter's Silent Threat: Understanding Health Risks for the Unhoused

The winter months can transform Seattle's streets into a land of survival, where exposure to cold becomes a critical health hazard. Hypothermia can set in when body temperature drops below 95°F, and for individuals without adequate shelter, this risk is dramatically amplified. Unhoused populations are 25 times more likely to develop cold-related illnesses compared to those with stable housing, with frostbite, pneumonia, and other respiratory infections posing immediate and life-threatening dangers.

Prevention begins with community action. Simple, practical donations can be lifesaving: new, thick socks, hand warmers, thermal blankets, and waterproof layers are essential survival tools. Sealed, non-perishable food items that provide high calories and don't require cooking—like protein bars, nuts, and dried fruits—can help individuals maintain body heat. Local businesses, community centers, and individuals can create "warmth kits" containing these critical items, making a direct and immediate impact on someone's survival.

Every Seattle resident can become a lifeline during these challenging months. If you encounter someone struggling in the cold, call the King County hypothermia hotline at 211, which can dispatch immediate assistance. Local shelters like Mary's Place and Union Gospel Mission welcome donations of winter clothing, sleeping bags, and hygiene products. Consider keeping extra "survival packages" in your car—a bag with socks, gloves, a blanket, and non-perishable food—to quickly assist someone in need. A moment of compassion can literally save a life!

# Quote of the Month!

““ We cannot solve all of the world's problems, but we can do our part.” — Maya Angelou — ””

## FAME-EAW Updates

The cold winter wind whips through the makeshift tarp shelters lining the streets of Seattle's downtown. On any given night, thousands of our neighbors - our fellow community members - are left without a safe, warm place to call home.

The statistics are staggering. Seattle has the third-highest rate of unsheltered homelessness in the United States, with over 70% of homeless individuals sleeping on the streets rather than in shelters due to overflow. Tragically, the cold winter months lead to an average of 169 homeless deaths per year in our city. With over 40% of Seattle's homeless population being families with children, facing the added challenges of inclement weather. Entire generations are at risk of being left behind if they don't get help.

With nearly **4 in 10 people within the Black community experiencing homelessness**, we are working tirelessly to provide affordable housing and wraparound services to change this narrative. Our current projects, like the 44-unit Spruce Park development in the Central District, are designed to serve families and individuals at 50% of the Area Median Income, with a focus on supporting the Black community.

### How You Can Get Involved This Giving Season

You can help up reach or end of the year giving goal of \$3,000 which will be used to uplift Seattle's most vulnerable communities in the following ways:

1. **Donate:** Support our mission by visiting our website to make a financial contribution that will directly support our affordable housing projects and vital support services.
2. **Dine & Donate:** Purchase a \$20 Power Card from Dave & Buster's, with a portion of the proceeds benefiting FAME-EAW or treat yourself to a \$15 Krispy Kreme digital dozen, where 50% of the sales will go towards our work of saving lives. **Both purchases must be made via [fame-eaw.org](http://fame-eaw.org).**
3. **Spread the Word:** Share our mission and donation opportunities with your professional network on LinkedIn. Help raise awareness and inspire others to get involved! There are people with hearts and every heart needs a home to survive and thrive.

Together, we can create a more just, equitable, and prosperous future for all in Seattle.

# Seasonal Affective Disorder (SAD) Awareness

While winter's short, dark days are settling in, many in our community wrestle with Seasonal Affective Disorder (SAD), a type of depression related to seasonal changes. Characterized by feelings of fatigue, depression, and social withdrawal, SAD affects approximately 5% of adults in the United States, with higher rates in regions with less sunlight like the Pacific Northwest.

Seattle offers numerous resources to help combat the effects of SAD. Local parks like Discovery Park, Seward Park, and Washington Park Arboretum provide natural light exposure, scenic walks, and opportunities for gentle exercise, which can boost mood and energy. Even during the dreariest months, connecting with nature can have a significant positive impact on mental health.

Besides outdoor activities, Seattle's community centers are a great resource for those looking for connection and support. Many offer free or low-cost fitness classes, art workshops, and social events that can help mitigate the effects of SAD and combat social withdrawal. For those looking to immerse themselves in culture and creativity, Seattle has a wealth of artistic spaces to explore. Consider visiting the Seattle Art Museum (SAM), which offers rotating exhibits and cultural events that provide a meaningful escape. The Frye Art Museum is another great place to explore contemporary art and participate in their free programs.

If you're struggling, don't hesitate to reach out to local mental health resources. Organizations like Seattle Counseling Service and The King County Crisis Clinic offer support services tailored to individuals dealing with mental health challenges, including SAD. Additionally, The Washington State Department of Health provides resources for individuals seeking help with depression and other mental health concerns. Local support groups, such as those offered by NAMI Seattle (National Alliance on Mental Illness), also provide a sense of community for those struggling with mental health issues. The Seattle Light Therapy Clinic offers resources and consultations to help you access light therapy, a well-established treatment for SAD.

Your health matters. If you're feeling down, remember you're not alone—there is help available. We rise. We heal. We don't judge. We support.