



## ***Letter from Founder and Executive Director Reverend Shawn Morrison***

A program of Good in the 'Hood, SoleCare for Souls is a valuable medical outreach that promotes health through free medical foot care, kindness, and the provision of critical services to over 2,000 unsheltered and hurting people every year.



During the hands-on work of cleaning, trimming, and filing, SoleCare volunteers and staff listen to the men and women who entrust their feet to our care. With dignity and respect, we tend to their outer “soles” while we nourish their inner “souls” with friendship, encouragement and kindness bringing much needed hope to so many who are under-resourced or experiencing homelessness.

Recently, SoleCare met and provided care for an elderly man who lives on the streets and has not been able to address the health of his feet for quite some time, nor did he have any socks or a pair of shoes that properly fit his very large feet. He normally needed a size 15; however, the footwear he had were several sizes smaller. To be able to “wear” these shoes he needed to remove the laces,

crush the heel down and squeeze his feet into them. Shuffling along with great difficulty was the best he could do. Because Good in the 'Hood also has a Shoe Away Hunger program, that offers valuable footwear to those in need, we were able to find a quality pair of size 15 shoes for this gentleman and provide him with a pair of extra-large socks.



This is just one example of how the programs of Good in the 'Hood, such as SoleCare for Souls and Shoe Away Hunger, work together to enable us to meet the many needs and challenges faced daily by the hungry, the hurting, and by those who are experiencing homelessness. Your kind support truly makes a “size 15” difference for our neighbors in need. We are truly grateful that you care and that you have chosen to partner with us as we work together to help others and change lives.

Learn more about our SoleCare for Souls program [here](#).



***Reverend Shawn Morrison***  
***Founder & Executive Director***

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## Partner Spotlight: SoleCare for Souls

SoleCare offers care at various locations in the Minneapolis/St. Paul, MN area and including a new pilot host site in St. Cloud, MN. We couldn't do what we do without the help and support of our partner location sites that generously offer free space allowing us to operate our program and serve those most in need. This allows us to foster and build relationships with men and women who come back to see us over and over. This not only ensures that their feet are being



cared for, but that they also know that they are valued and cared for by SoleCare staff and volunteers, as they develop friendships, learn about each other's lives and experiences, and are treated with dignity and respect—a luxury that many unsheltered people do not often enjoy.

We'd like to say a special thank you to our partners at [The Opportunity Center](#) who helped us to meet and serve Ronald. Learn more about his story below.

Learn more about our partner locations [here](#).



**Before**



**After**

Ronald came to us with feet that needed serious medical attention. Prior to receiving foot care he shared, *"My feet feel terrible, I am never without pain. I have not been able to wear shoes for months, just open sandals."* After receiving care, he said, *"My feet feel like 5 million dollars!"*

It is because of volunteers, donors, and supporters like you, that Ronald has renewed feet and a brand-new outlook on life! **Thank you so much for the incredible impact you are making for people just like Ronald living right here in our local community.**

## Volunteers Are the Heartbeat of Our Program

SoleCare volunteers are the heartbeat of the program. SoleCare consists of a foot soak and having a medically licensed professional provide medical care for the feet of those in need. Our providers trim nails, remove ingrown toenails, reduce corns/calluses, diagnose, and treat common foot disease. They even



give a foot massage for our client guests to help improve circulation. At the end of the care session, a new pair of socks is always given to our client guests accompanied by warm handshake or a caring embrace.

While foot care is critical, we must never forget that inner soul care is equally important in the care of our client guests. All volunteers, whether medical providers or assistants, are essential in helping us to offer services that bring hope to those in need in a spirit of dignity. During a foot care session, we foster a safe environment that intentionally engages our client guests in meaningful conversation, while offering a non-judgmental listening ear accompanied by personal encouragement, support, and an opportunity for prayer.



***Meet one of our Key Volunteers and Medical Providers, Debby Ryan:***



*“SoleCare is very important to me because it gives me an opportunity to use my nursing skills, which is an urgent need with the population we serve. I meet people that I would never have the opportunity to meet, and I not only get to meet them, but I get to learn about their lives and needs and we become friends. I see them and*

*care for their feet week after week and get to encourage them and pray for them (with their permission of course). It’s such a beautiful thing to get to know them! They think they are getting the great service, but it really blesses me, as a volunteer too!*

**As we continue to re-open many of our sites and consider an expansion to St. Cloud, AND a new Mobile Foot Care unit, SoleCare is currently in need of many new volunteers!**

**Please see our website for more information about volunteer needs [here](#).**





Debby Ryan, SCFS Provider/Volunteer, Kathy Jo Bissen, SCFS Medical Director.

## How You Can Help

At Good in the 'Hood, we believe in doing with people rather than merely for them. Our programs are intended to engage people in relationships that build trust and healthy community for both our guests and our volunteers.

- **Volunteer** in one of our many programs and services (Flash, Regular and/or Organizational Development)
- **Host** a shoe drive for our Shoe Away Hunger program and/or sponsor the cost of a shoe bus event for only \$250
- **Share** our mission and website with your employer, friends, family and networks
- **Follow** us on Facebook and Twitter
- **Invite** us to speak with your church, business, school or community group
- **Donate** funds securely online or by check or text Goodness to 41444
- **Sponsor** a family in our 10-4-1 giving campaign. \$10 will pay for the cost of groceries for 4 people for 1 week. We need at least 1000, regular \$10 per month supporters to reach our food programming goals.

Please [visit our website](#) for more information. Thanks so much for your kind support as we work together to influence, inspire and impact individuals, families and entire communities for good!



Feeding the Future  
*A Program of Good in the 'Hood*



Shoe Away Hunger  
*A Program of Good in the 'Hood*



SoleCare for Souls  
*A Program of Good in the 'Hood*



Holiday Help  
*A Program of Good in the 'Hood*



Good InDeed  
*A Program of Good in the 'Hood*

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[www.goodinthehood.org](http://www.goodinthehood.org) **612.217.4003**

**Donate Now**



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