



New socks for neighbors who need them most - neighbors who are experiencing homelessness & displaced from natural disasters.

**A Shockingly Simple and
A Surprisingly Affordable Way
To Help Protect The Feet Of Individuals
Experiencing Homelessness...**

**Your support is appreciated from the
top of our *heart* to the very
“sole” of our feet.**

Thank you.

***“Do all the good you can...in all the ways you can”
by John Wesley, 1703-1791***

“ 10 Toes Covered With Care = 2 More Healthy Happier Feet ”

You may ask “Why socks?” & “ Why new socks?” And Flip-Flops, Too!

- Socks are the least donated and most often asked for clothing item in shelters & *flip-flops, too*.
- Socks are harder sometimes to get than a meal from a soup kitchen, especially when it is cold.
- Many unsheltered homeless men, women, children and veterans walk for miles because walking is their common mode of transportation.
- Socks wear out faster than any other article of clothing and are the number one clothing need of the homeless - for both sheltered and unsheltered homeless individuals.
- Individuals experiencing homelessness suffer severe foot problems.
- New socks eliminate the risk of spreading a foot disease.
- There are more reasons...but we think you can see the “sole” of our mission *Sock n It!*

MEDICAL REASONS TO GIVE “NEW” SOCKS:

HOMELESS INDIVIDUALS SUFFER FOOT PROBLEMS

- Used or worn socks may contribute to various foot diseases.
- Foot problems represent a relatively large proportion of complaints among homeless persons. Traumatic disorders, ulcers, infections, immersion foot and frostbite are among the other foot problems found with homeless persons.
- Homeless individuals are more likely to have foot problems including tinea pedis, foot pain, functional limitations with walking.
- Homeless individuals feet may be exposed to heat, cold & dampness

Submitted by Grace Blythe, RN (retired) Board Member

OUR “NEIGHBORLY” THING TO DO...TO GIVE SOCKS TO THE HOMELESS

HERE'S INFO BASED ON FROM US HOUSING AND URBAN DEVELOPMENT

NATION

HUD found **549,928** individuals to be homeless on a single night in January 2016. Most homeless persons (65%) are individuals while 35% of homeless persons are in family households.

- The number of families experiencing homelessness has increased significantly from past years. For example, in 2013 only 15% of homeless persons were in family households.
- **31%** of all homeless people were **youths** under the age of 24.
- Close to **40,000 veterans** were homeless on a single night in January 2016. 66% were residing in shelters or transitional housing programs, while **33% (14,000)** were without shelter.

STATE OF LOUISIANA

Total Homeless Population	3,994
Veterans Experiencing Homelessness	400

ACADIANA AREA (Iberia, St. Mary, St. Martin, St. Landry, Vermillion, Acadia, LAFAYETTE & EVANGELINE.

Homeless estimated to be approximately	500
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