



Diamond's House Headlines

March & April 2011

Issue: 04.2011

Volume #: 3

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Welcome to Spring



SPRING IS IN THE AIR—Spring is such a *beautiful* season! Birds are singing, precipitation has increased, flowers are blooming and people are sneezing. If April showers bring May flowers, does March **pollen** bring April allergies?

Diamond's House invites each of you (locally and virtually) to join in the DH's campaign for better health. We have reached the depths of allergy season. Although **allergies** are not dangerous, they are a PEST! Itchy, watery eyes; itchy, scratchy throat; wheezing and sneezing—don't look very good with our SPRING colors!

Most ENT (Ear, Nose, and Throat) physicians, are also allergy specialist; they can inform you of the seriousness of your allergies (seasonal, food, etc.). If you suffer from seasonal allergies, OTC (Over-the-Counter) meds may work well for you. Contact your PCP's (primary care physician) office for a recommendation on OTC allergy meds.

SETBACKS—SURREAL OR SHAMEFUL—Domestic violence and homelessness are realities that happens in our world every second. Approximately one out of every four women will experience domestic violence in her lifetime and 1.3 million women are victims of domestic violence each year and approximately 63% of homeless women have experienced domestic violence in their adult lives (National Coalition for the Homeless, 2009).

How many of you know someone who just had a setback in life? It's hard to ask for help. "Our homeless and abused are ashamed" states Adrienne Goodwin Litmon, founder of Diamond's House. "At Diamond's House, we believe that everyone is a gem and that everyone deserves the right to live in a safe and happy environment".

If you know of any person who is in need of a safe place, clothing, or food, please contact Diamond's House for assistance and resources by calling **757.535.0924**.

DIAMOND'S HOUSE VOLUNTEER SPOTLIGHT



Jacqueline V. Artis

Diamond's House is pleased to recognize March/April's volunteer, **Mrs. Jacqueline V. Artis**. Born in beautiful Ocean City, MD, Mrs. Artis is lead by her Agape love and passion for God to encourage others. Mrs. Artis loves volunteering because it makes a difference in the lives of others. "It is so rewarding to know the small things are so significant and touch lives of people in

need that you don't even have to know. We all are God's people and having a desire to help is what Jesus would want," states Mrs. Artis. Mrs. Artis works as a Food Nutrition Assistant and one of her favorite scriptures for life's direction is Proverbs 3:5—*Trust in the LORD with all your heart and lean not on your own understanding.* **Diamond's House thanks God for you, Mrs. Artis and we thank you for continued support!**

UPCOMING ACTIVITIES/EVENTS

- **Dime a Dozen Fundraiser**—ongoing fundraiser event
- **Cell Phone Drive**—ongoing fundraiser event
- **Food drive**—ongoing fundraiser event
- **Feed the Homeless**—Every other Sundays at 800 Williamsburg Ave Portsmouth, VA. 23701 @ 1PM*
- **Diamond's Closet**—clothing items available for those in need*
- **Girls Circle**—Monthly on Saturdays Library, Portsmouth, Virginia from 3PM—5PM. Contact Diamond's House for exact date
- **June 12**—**Diamond's House 1st Annual 5k Walk/Run**

Diamond's House is an all volunteer organization. We are looking for sponsors to contribute to the Diamond's House A Dime a Dozen fundraiser, or to donate or sponsor any of Diamond's House charities. To learn more about our organization and to contribute your time, food, clothing, monetary donations, or kind words and suggestions, please visit us at www.diamondshouse.org.

*Diamond's House feeds the homeless on Sunday, but **Diamond's Pantry** is available as needed by the homeless or community members. Diamond's Closet assists the community with clothes on an as need basis. Contact Diamond House at 757.535.0924 for assistance.

www.diamondshouse.org
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