

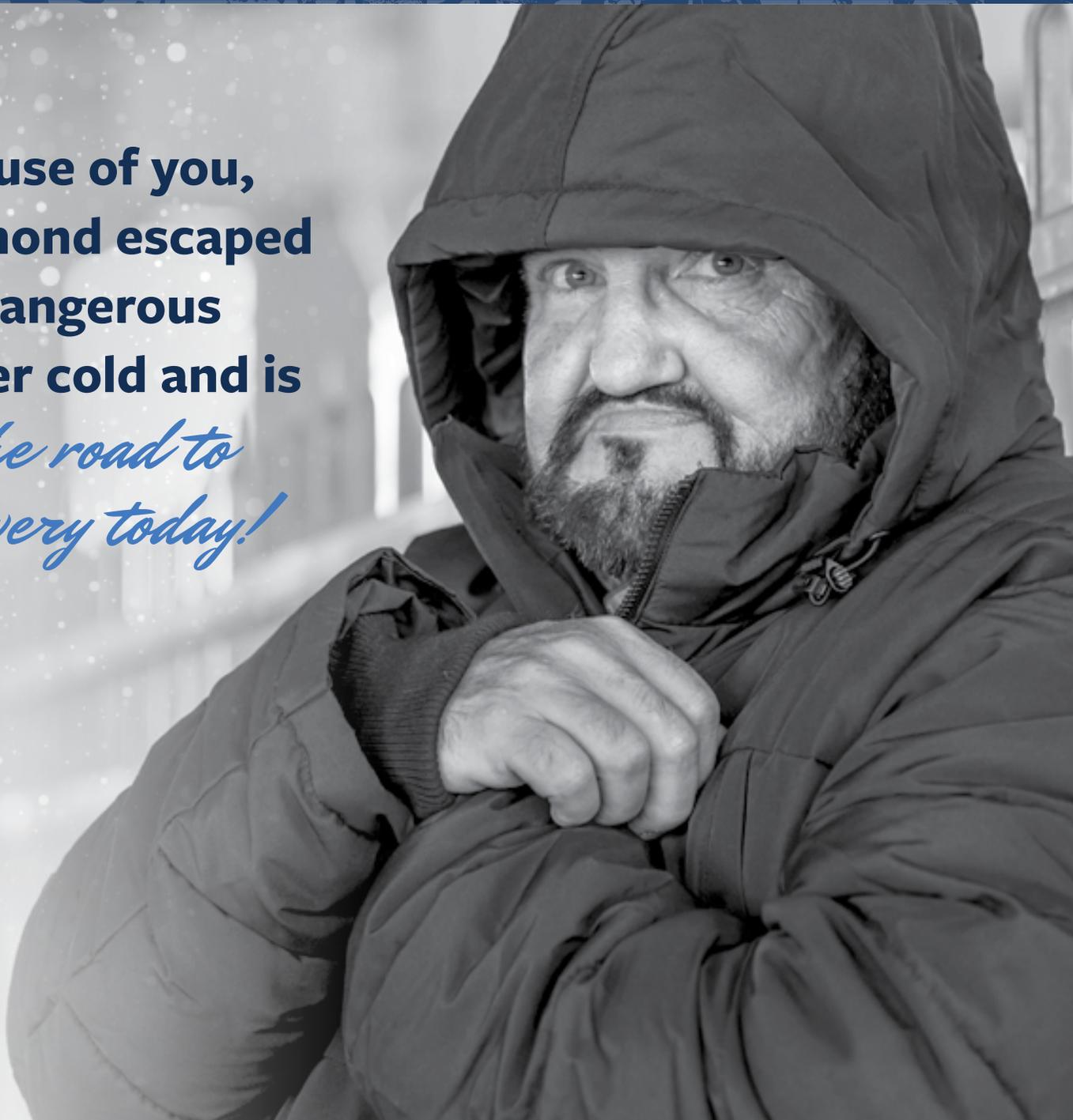


Restoring Lives in Jesus' Name

JANUARY 2023

Help Bring Our Neighbors Out of the Cold this Winter

**Because of you,
Raymond escaped
the dangerous
winter cold and is
*on the road to
recovery today!***



For more information: (865) 673-6540 karm.org



DANGER: WINTER WEATHER AHEAD



During the winter months, our neighbors who are homeless in our community are vulnerable to frostbite... hypothermia... or even death. While we get the odd snowstorm, more common is the freezing rain, ice storms and bitter cold that are just as dangerous. For men, women and families living on the streets, it's critical that they find warm safe shelter right away!

"I remember one time the temperature was really cold and the rain continually came down all week long, to where I had nothing dry to put on. I bent over to change my socks, felt a sharp pain in my lower back and absolutely could not move... the pain was excruciating. It got dark outside, the temperature dropped down into the teens and I knew I was in trouble.

I screamed and hollered for help for three days but no one heard me. I didn't eat or drink

anything as I lay there. Then a lady pulled over on the side of the interstate to answer her phone, heard me and called 911. I was in the hospital for 45 days because my body was so full of infection from the frostbite... they had to amputate parts of both my feet. When they released me, they brought me to the KARM Respite Center. I learned how to walk again and I continue to serve the Lord!"

– Raymond, a former patient at our Respite Center

A Glimpse Inside a Day on the Streets

Morning: Gather up any cardboard or blankets you might have to "make your bed" and put it away for now. Go dumpster diving or beg for food.

Mid-morning: Try to find shelter on the bus, at a library or another public place that has heat. Stay inside as long as possible to escape the cold.



Afternoon: Try to find another building where you can get warm. See if any local coffee shops will give you a hot drink and a place to sit.

Evening: Seek out a hot meal and a place to thaw out. Brace yourself for another night sleeping outside, and look for a doorway or other place with a roof overhang where you can set up your "bed."



“At night I would stay outside a church next to the bus station – through the rain, sleet and snow. It was really, really cold. I put down cardboard and blankets to keep my body heat in... I was afraid of freezing to death and nobody ever knowing.



When I came to KARM, I was at peace. I didn't know which road He was going to take me on, but I knew God had me. KARM fed me, clothed me, put shoes on my feet and a roof over my head. They also brought me love and joy.”

– Randy, a resident in our Berea program

Our typical Knox area weather in January:



Average high temp is 48.



Average low temp is 31.



There's a 26% chance of rain.



Average wind speed is 5 to 6 mph.

With a temperature of 40 and wind of 5 mph, you can develop frostbite in just 36 minutes!

Extreme cold can also cause hypothermia – how long it takes to develop is influenced by your amount of body fat, alcohol consumption and wetness from precipitation. According to the National Weather Service, warning signs of hypothermia include:

- uncontrollable shivering
- memory loss
- disorientation
- incoherence
- slurred speech
- drowsiness
- obvious exhaustion



Night: Put on all the meager pieces of clothing you own, cover yourself with blankets or cardboard and pray that you won't freeze overnight.

Thanks to you, our neighbors don't have to struggle on the streets this winter. Your support welcomes them to KARM with a hot meal and an invitation to rebuild their lives through the power of Jesus' love and restoration!

KARM Partnership with Vision Clinic

KARM's Care Center is blessed to host Remote Area Medical's amazing vision clinic team a few times each year. At a recent clinic, RAM staff and volunteers saw more than 70 guests, including women from KARM's Serenity Ministries program (pictured here). One of the amazing things about RAM's vision clinic is that most eyeglasses are able to be made that very same day! Also, before their eye exam, guests are given a health screening.



At a recent RAM vision clinic, one of our guests who thought he was going

blind learned that, instead, he had cataracts. So, KARM's Care Team worked with Knoxville Area Project Access to provide him this life-changing, vision-giving procedure.

We are grateful for all our partners who help make a difference in the health of our guests by breaking down barriers to medical access.

"This poor man called, and the Lord heard him; he saved him out of all his troubles." – Psalm 34:6 (NIV)



A Message from **DANITA MCCARTNEY,**
PRESIDENT & CEO

365 Opportunities to Love

As the new year begins, I like to reflect on how God has given us 365 new opportunities to pour into people. **Even though we've left the cheer of the holidays behind, it's critical to continue meeting our guests where they are.**

The people coming through our doors are so much sicker than they were a couple years ago. We are seeing more guests dealing with homelessness, addiction, mental illness and other various physical issues.

More than just offering meals and shelter, we want to offer whole-person help and healing. At the beginning of this new year, we want to really connect with our guests and get them into a healthy routine here at our KARM Care Center through new resources like mobile mammography, mobile medical clinics and telehealth.

We also remain committed to being the best stewards possible of the gifts you entrust to us. That includes financial gifts, volunteer time and gifts in-kind. Eighty-nine cents of every dollar goes directly back into our programs that are changing lives.

While you celebrate this new year, I hope you will ask the Lord to reveal ways you can love others and serve as His hands and feet. We always covet your prayers for our ministry, and we still need volunteers even though the holiday season has passed.

Every day is a gift from God, and I'm thankful for friends like you who help us make the most of each and every one!

Your monthly gift makes a HUGE impact!

When you become a monthly giving partner, Knox Area Rescue Ministries can be ready to help anyone who comes through our doors. That's because your partnership provides reliable, steady income to care for our neighbors who are homeless and hurting... giving you 365 opportunities to love someone in need.

For someone like Jill, that generosity transformed her life!

"My troubles started with going to the doctor and getting a prescription for Xanax. It got to where I needed to be high to cope with anything and



get through my day. I lost everything and had nowhere to go until I surrendered to God and came to KARM's Serenity Ministries. I walked into this place and was overwhelmed with all the beauty and love. God saved me. Now I've got an apartment of my own and I'm an employee at Serenity."

If the Lord is leading you to become a monthly giving partner, simply visit **karm.org/givemonthly** or complete the back of the enclosed reply form. Thank you!



365 Opportunities to Love

Danita, I want to spread hope, healing and joy in this new year God has given us through my generous gift of:

- \$25 \$75
- \$50 \$100
- \$_____ to help as much as possible
- To help every day of the year, please make my gift monthly!

NAME _____

ADDRESS _____

CITY / STATE / ZIP _____

CHECK ENCLOSED BILL MY CREDIT CARD

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Donate now! ☎ (865) 673-6540

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Knox Area Rescue Ministries
P.O. Box 3310
Knoxville, TN 37927-3310

