



SUMMER WISH LIST

- Shelter Supplies**
- Towels, washcloths
 - **Toiletries – hotel size soap / shampoo, toothbrushes, toothpaste, deodorant, razors, body lotion, sanitary napkins/tampons, make-up**
 - Paper Products – cups, plates, tissues, **toilet paper**, paper towels, plastic utensils, napkins
- Clothing**
- **NEW underwear in all sizes**
 - Shoes for men (large sizes) and women
 - Large and extra large pants and shirts
 - Nightgowns, pajamas, robes
 - Summer clothes suitable for job interviewing
 - Shorts
 - T-Shirts
 - **Socks in all sizes**
 - Light jackets
 - Tote bags, backpacks, wallets
- Food**
- Casseroles, soup, pasta, sandwiches
 - Nonperishable food items (Great for "Care Packages" for newly-housed clients)
 - Juice, fruit and snacks for daytime client activities
- Social Services**
- Art supplies for therapeutic art classes (e.g. paper, paint, brushes, markers, etc.)
 - Medicines, vitamins and medical supplies for clinic
- Housing Items**
- **Fans**
 - TV's, radios, **alarm clocks**, coffee makers, decorative items
 - Twin size bed sheets, pillows and throw rugs
 - **Silverware, can openers**, pots & pans, cleaning supplies, disinfectant spray
- Office**
- Letter sized paper, file folders, pens, black permanent markers, highlighters
- Fund Raising**
- Join a REST committee or the Board of Directors
 - Provide financial support (**make a financial donation!**)
 - Help plan a fund raising event or host a benefit
 - Ask your employer to match your gift to REST
 - Include REST in your will
- Volunteering**
- Volunteer in the Shelters or Support Center
 - Lend professional expertise (consulting, graphic design, website development, etc.)
 - Facilitate Social Service meetings (Health Talk, Art Class, etc.)
 - General office help: administration, sorting donations
 - MD's and RN's to staff RESTCare Clinic (free Tuesday night clinic, 6-8 p.m.)

Providing housing and social services to homeless adults in Chicago since 1979

Kathleen Ahler, MSW, ACSW *Executive Director*
P.O. Box 408307 Chicago, IL 60640
office 941 W. Lawrence Chicago, IL 60640
tel 773.784.0909 fax 773.784.1087 www.restweb.org