

There are many homeless people throughout the Washington metropolitan area--I was one of them. No one wants to be homeless. I did everything that I thought I was supposed to do to have a decent life. I am 45 years old, and I have a 31 year work history. I went to school and got an associate degree. But, still I became homeless. I wasn't bitter about it because I personally knew many other homeless people and I sometimes felt that I was doing better than some of them because I lived in My car while some of them slept at shelters; in tents outside; while others slept on benches at the various metro stations. One day someone recommended the Volunteers of America Homeless Outreach Program. Now my life has changed for the better. When I went to Volunteers of America, I was very skeptical. I had become accustomed to surviving without any ones help. However, when I met Alicia Kallon-Nmah, who was my social worker at Volunteers of America, my outlook on life changed. You see all I really wanted was to find a place where I could get some free food. Before I knew It, I was receiving \$200 a month in food stamps. I couldn't believe it--I was in heaven. I wasn't hungry all the time anymore. the food stamps really made a difference in my day-to-day life. Then, I started seeing Dr. Umar Romar, who is a psychiatrist for Volunteers of America. After a few sessions with Dr. Romar, I was diagnosed with Anxiety and Depression. Dr. Romar prescribed a medication called Zoloft. In the last couple of month's my mental state has improved greatly. I am now receiving \$185 a-month from the Temporary Disability Program(TDAP). I use this money to pay the rent at my brand-new apartment. Thanks to Volunteer of America(VOA), I am no longer homeless. Unfortunately, many of my Friends are still homeless right here in wealthy Montgomery county Maryland. **PLEASE DO NOT STOP FUNDING PROGRAMS THAT HELP THE HOMELESS.**

Sidy C. McC.