



The Impact of New Socks

Why socks?

The homeless very ever get donations of new socks. For example, most people usually donate their used or out of style clothing to the needy, but throw out their socks because they are worn.

The homeless also have serious foot health problems because they do not have decent socks (see Impact – Physical below).

How The Joy of Sox[®] got started

The founder used to be really homelessphobic. Ironically his wife was volunteering at a shelter in the Germantown section of Philadelphia. She eventually convinced him to face his fears and help out one weekend. After that visit he learned that the homeless have tremendous foot problems because they very get donations of new socks. The idea of socks resonated with him.

A little later he (reluctantly) returned and started handing out socks. One lady started to cry when he put a pair into her plastic bag. She said no one had ever given her a pair of socks before. She also reached out to hug him and he had never touched a homeless person before. He got emotional and hugged her back. His epiphany moment! He knew then he had to be the sock guy.

The Joy of Sox[®] is now a Philadelphia area-based 501(c)(3) nonprofit. Its mission is simple: to give joy to the homeless by giving them new socks. And its vision is to provide several new pairs of socks to those homeless in the United States.

Impact – Number of socks

Over 184,600 pairs of new socks have been given to the homeless as of July 1, 2016. They have been distributed to 59 facilities in the Philadelphia area and Pennsylvania. In addition, socks have been distributed to at least 57 facilities in 24 other states, Washington, D.C. and three other countries.

Impact – Physical

Hallux abductovalgus (bunions), hammertoes, pedal extostosis, various boney prominences, calluses and corns are caused or irritated by friction. These conditions can make it painful to walk.

Many homeless also suffer from polyneuropathy, a condition where they lose nerve function and cannot feel irritations on their feet. The skin on their feet may break down and form an ulcer, which usually become infected and can cause cellulitis (skin infection), deadly sepsis (blood poisoning) or deep bone infection. In lower extremities bone infections are cured by amputation.

New socks decrease friction between the shoe and the foot and can help prevent or minimize the impact of these painful conditions.

Impact – Psychological

New socks can help improve the well-being and outlook of the homeless. For example, the daughter of a homeless single mom gets ridiculed at school because her socks are tattered. The child feels like an outcast and doesn't want to go back to school.

For example, a middle-aged homeless man asks for a pair of business socks so he can go on a job interview. He felt if he didn't have decent socks he might not get the job.

Impact – Health care system

Although we have not yet done a survey to quantify this item there has to be a reduction of visits to emergency rooms and street clinics (for the conditions mentioned above) for the homeless who get regular donations of new socks.

And since many homeless are not insured the general population winds up underwriting the cost of their visits and treatments.

More information?

Website: www.TheJoyOfSox.org

Facebook: www.Facebook.com/TheJoyOfSoxOrg

YouTube: www.YouTube.com/TheJoyOfSox/videos

Email: Info@TheJoyOfSox.org

Phone: 610-688-3318 Fax: 610-788-2133

Mail: 580 Lindsey Drive, Ste 150, Radnor, PA 19087-2339

Make a donation: www.TheJoyOfSox.org/donate

Our **United Way** of Greater Philadelphia and southern New Jersey

Donor Choice number is 49107