

## WELCOME HOME HOUSING NEWSLETTER

WHH is a non-profit tax exempt 501c3 organization. We provide affordable homes for adults with mental illness in an environment that encourages individual development and personal self worth.

[www.welcomehomehousing.org](http://www.welcomehomehousing.org)

Aug/Sept. 2011



### **NEWS FROM THE HOUSES**

#### **Crocker Art Museum**

If you haven't visited the new Crocker Art Museum, you've missed a wonderful experience. Eleven of our residents had a docent led tour of the Museum and we all heartily enjoyed it. Later we had a great picnic in the park. Several residents went back after lunch to continue viewing the paintings and other art. There was a pottery display that was magnificent.

Crocker has joined the old museum and the new museum to create a world class experience and a destination spot. One of our residents who majored in Art at UCD said he saw several paintings by some of his former Professors. Our thanks to the Crocker for their scholarship which allowed us free admittance and for providing a wonderful docent.

#### **Rivercats again**

This year ten of our residents, mostly the guys, attended a Rivercats game. The weather was wonderful. However, no one caught a foul ball and the Cats lost by one point. It was still fun to go and everyone had a great time.

#### **State Fair**

As usual, we received tickets to the State Fair. Several residents went and enjoyed it. We appreciated the tickets on disability day. Again, the weather was warm but not sizzling.

#### **Beading**

One of our wonderful mentors, Lee Gassaway, taught a beading class to eight residents. It was a great opportunity for them to make some early Christmas presents for family. Beautiful bracelets were made by all who attended. Thank you Lee for volunteering not only your expertise, but also the many beautiful beads.

### **NAMI SACRAMENTO GIVES WHH A \$1500 GRANT**

Some of our residents have goals such as going back to college or getting their GED. We have wanted to assist them in their efforts, but have not been able to afford to do it. Now we can!!! NAMI, in keeping with their strategic plan, granted WHH \$1500 to help our residents reach their goals. To keep it self sustaining, the residents can borrow up to \$300 to buy text books, pay for transportation and other fees. However, they must pay WHH back on an installments plan: ie \$5-10 a month. Should they move out before it's paid, we can use their deposits to reimburse the fund. It's a win, win!! Thank You, NAMI Sacramento.

Photo is Lynn Smith accepting the check from Larry Lisano of NAMI Sacramento

**State Budget Affects our Residents who are on SSI-SSDI**

## Help us Help them. We have an unusual wish list.

As many of you know, the State Budget reduced the amount of money people on SSI receive by \$15 a month. When your income is \$850 a month, \$15 is significant. After they pay their rent, their payees and medical co-pays, there's not much left to buy personal items. They have been asking if we could lower their rent by \$15, but it's just not possible. What they pay now doesn't cover the cost of providing housing and we have to do additional fund raising just to keep up. So we are asking you to donate some personal items for them. Shampoo, conditioner, soap, razors, shaving cream, skin cream, computer paper, tissues, combs, brushes and yes, as much as I hate to say it, cigarettes. Call Lynn Smith at 916-505-5232 to find out where to drop it off. We have Board members all over town, so it shouldn't be a long drive.

## Are you required to take a distribution from your IRA? Why pay taxes on it!

The Federal Government is allowing those over the age of 70 1/2 to take the required distribution from their IRA and not pay taxes on it. HOW? If you donate the total amount or part of the distribution to a qualified 501c3 charitable organization, you do not have to pay taxes on the amount you donate. You probably donate to charities normally anyway, so take advantage of this opportunity and donate to Welcome Home Housing. Please check with your financial advisor or tax consultant for additional information. When you decide to donate this way, please send us a note telling us. Unfortunately, when we receive the checks from an IRA, there is no identifying donor name on it. We want to acknowledge your generosity.

## We have a New Treasurer

Allison Aber found us on the Sacramento Volunteer Bureau Website and called to volunteer. Allison is a delightful young woman who works at First Northern Bank, so we know that she's no stranger to handling money. Allie doesn't have a family member with a mental illness, but just wanted to make a difference to an organization by volunteering her time. Thank you Allie. Welcome aboard.

## New Mentor Mom/Cooking Coach

Welcome also to Ailene Kreydich. Ailene is a young 20 something, a newly wed and new to Sacramento. She's assisting one of our older residents in preparing his evening meal. She comes once a week for an hour. Since his eyesight is limited, she's got a challenge and she's doing a great job and the guys at that house love her. Having someone young is a real pleasure for them.

## Board Members Needed

We have 5 active and involved Board members and three staff members. We need 2 more Board members. We meet 6 times a year on Power Inn Road near Folsom Blvd at 6pm. We meet on the odd months to avoid the Holidays. Our next meeting is on Tues. September 13. Please call if you are interested. We ask you to attend a meeting before deciding to commit. 916- 505-5232

Welcome Home Housing  
c/o Lynn Smith  
816 Elm Street  
Woodland, Ca 95695

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## WELCOME HOME HOUSING

**We provide housing for 16 adults with mental illness with no Federal, State or County money. The fees our residents pay cover only 85% of the actual costs. We rely on the generosity of others to continue our mission.**

**This is my donation.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AMOUNT OF DONATION: \$15 \_\_\_\_\_ \$25 \_\_\_\_\_ \$35 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$200 \_\_\_\_\_ other \$ \_\_\_\_\_

We are a non-profit 501c3 organization. Your contribution is fully tax deductible. Tax ID#04-3795698. We receive no Federal, State or County money. We are dependent upon your generosity.

## RECYCLE EWASTE AND AUTOS

**To recycle your old computers, cell phones, TV's, and monitors or to donate your old automobile, truck, boat or motorcycle call Roger Warloe at 723-3341.**

**By recycling, we provide a service to our community and keep electronics and their poisons out of our landfills and our water supply. You can get rid of your stuff too, guilt free.**

Thank you Ann McCandless for your computer/monitor donation. 18 computers and monitors added up.

## NEW VOLUNTEERS

Carol Petuela has been our webmaster from day one. She set up our website and kept it up to date. After volunteering for many years, she asked to be relieved. So we were pleased when Robert Weber called us to volunteer his abilities and agreed to take over as webmaster. He's already doing some redesigning. It will be easier for you to navigate the site and to donate on line too. Our website is [www.welcomehousing.org](http://www.welcomehousing.org). Check us out again in a month. We will be refreshed and up to date. Thanks to both Carol for her past efforts and to Robert for his future involvement.

Rich Robbins is another new volunteer. Rich lives nearby and was a mental health worker in another life. He plans to be buddies to the men at our newest house. He'll work with them in learning some basic skills. It will be good to have a male influence in that house.

### NEED SOME WORK DONE OR KNOW SOMEONE WHO DOES?

One of our male residents is looking for work. He is a college grad (UCD), spent 2 ½ years in the Service. He's in his late 20's. He has worked doing numerous jobs. He really is anxious to get back to work. If you have a job for him, please call me, Lynn Smith, (505-5232) and I will put you in touch with him. He has an updated resume.

Contact Name and Numbers to donate or for more information

**Lynn Smith** - 916-505-5232(cell) or 530-666-0202 or email: LS816@wavecable.com

**Roger Warloe** - 916-723-3341 or 916-208-3035 for recycling pick ups.

### A PERSONAL COMMENT FROM LYNN OVEROYE-SMITH: DIRECTOR

There was a time, not long ago, when mental illness was a taboo subject, when stigma and fear prevailed. People were afraid to be around persons with mental illness. If someone in their family became ill, it was a family secret. My grandmother had a "hormone imbalance", not schizophrenia. Thank heavens, with the press educating the public, NAMI with their educational programs, changes in laws, new medications and families learning more about mental illness, the perception has changed. Fifteen years ago, WHH likely wouldn't have been possible because of the fear, stigma and misconceptions. Few would have rented to us, volunteers wouldn't have come forth and donations wouldn't have come our way.

Welcome Home Housing works because of all the many wonderful volunteers we have. This year we have been blessed by volunteers who want to make a difference. Some work directly with the residents as buddies and mentors, while others work behind the scenes as webmasters, Board members, antique appraisers, and advisors.

Others support us by attending our Antique day or by donating their old TV's and computers and cars or making cash donations.

I truly never thought I'd live to see this change. I can remember when my own son was diagnosed with his illness. A nurse in the neighborhood said to me, "Oh, that's caused by bad parenting, isn't it?" Times have changed and for the better. There's still work to be done, but sometimes it's good to stop and reflect on progress and pat ourselves on the back.

**Openings: The houses are full. We have short wait lists, especially for women.**