

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.

September 2013



FROM THE HOUSES

Respite House

The respite house has become exactly what we had hoped. Every time I've been there, I've noticed that the staff is welcoming and helpful to the folks needing the service. The folks have a computer to help find the services they need to move on. Our wonderful therapist, Sylvia, from WHH assists many to find a workable direction and the 24/7 staff, which includes other consumers, offer major support. The Peer staff have been there and they understand. The phone number to obtain services is 287-4860.

Welcome Home Houses

Our four homes are almost full. We have one opening for a man. It should be filled soon as we start to call our wait list. We have several new residents who have brought their own unique challenges with them. Whenever a new person moves in, the dynamics in that house change and change can be difficult and anxiety producing for persons with mental illness. It's challenging for staff too. Slowly, but surely, as people get to know each other and respect each other's ways, peace prevails and friendships build.

When one of our staff members joined us, I said to her, "you'll never be bored in this job." Sylvia has been with us for 3 years now and I don't think she's had a boring day yet. Frustrating maybe, but not boring. The residents appreciate and talk to Sylvia. They love her and we're so lucky to have her.

We enjoyed another evening at a **Rivercats game**. This outing has become a regular. Should you have extra tickets and can't use them, let us know. We have several die heart fans who would really enjoy them. Thanks to Joel Briggs and Lori Balaugh for driving.



SMUD ENERGY AUDIT

Just in time for the horrible heat wave in June, we had an energy audit done at all the houses. We thought we were doing pretty well until Tommy from SMUD arrived. He pointed out several simple and inexpensive things we could do to lower our electric bills. He gave us many energy efficient bulbs and showed us how we were losing heat and air from the heaters due to old, loose seals around the unit and which weather-stripping needed replacement. We learned the actual cost of running the AC per hour in each house vs running only a fan. We've made the changes he recommended and anticipate lower bills.

We appreciated the way Tommy explained things to our residents. He involved them and treated them with respect. He didn't talk down to them. Thank you SMUD for hiring such good people!



SAD NEWS

We just received a letter from the mother of one of our very first residents. Her mentally ill daughter just passed away. Our condolences go out to Joy Doyle. Joy has been her daughter's major support and advocate. She never gave up on her. I'd like to share parts of her letter with you.

“My daughter died on July 6. I am so grateful she was in her own bed, in her home. I worried through the years she would die on the street. She was 64 and had her first manic break at 27.

The harm caused by the inability to obtain care for her was horrendous. My son says it's as if a Doctor diagnosed a person with cancer; then said treatment would start when it reached stage 4. I grieve for people who have been denied a decent life because the obstacles to adequate and prompt treatment are so great. I feel it is discriminatory and a violation of their civil rights.

Why do we have to fight so hard to make such a small difference? I hate the way people see those with brain chemistry disorders as the “others”; as throw away people. You, Lynn, are providing a much better life, but why is it necessary? By law, every person who is homeless is gravely disabled, but Sacramento County raises the bar by changing “unable to provide food, clothing or shelter” to “food, clothing and shelter. It would cost too much to provide the services required.

Anyway, keep up the good work. “ Joy

Comment: Trust us, Joy. We will continue to provide housing for adults with mental illnesses. I am always amazed at the strength of our folks and remember your daughter having the same strength and perseverance while she lived with her illness.

When Joy's daughter was diagnosed, there were only a few medications available and they had horrible side effects. It was no wonder that many refused to take their meds. The side effects were worse than the voices or the manic highs and lows. However, now there are many more medications with fewer if any side effects. The problem is getting help to people early and providing good support services to make sure they understand the need to take them. Laura's Law is a start and needs to be implemented. We need to stop wasting so many lives! At Welcome Home, we continue to preach that the medications are the lifeline to a normal life. While some try to see if they “really” need their meds, most are med compliant and understand the need to take their meds as prescribed by their Doctors.

CLOTHING - OLD ELECTRONICS – BOOKS - BOATS AND CARS

Don't forget that we recycle old TVs, monitors, computers, clothing, shoes and linens and cars and boats. Call Lynn at 505-5232 to learn where to take your “stuff”. Don't fill your garbage cans with things that can be recycled. As the expression goes, “one man's junk is another man's treasure”.

Also, if you have extra books sitting around, we will happily take those too. Children's book, cook books, text books, fiction and non-fiction. We are developing a plan to sell them as a fundraiser. More to come on that later this year.



DOUBLE OR TRIPLE YOUR DONATION

One of our regular donors, who prefers to stay anonymous for this donation, has offered to match up to \$1,500 for every donation we receive from Sept 1 to Oct 10. This donor believes in what we are doing and believes there should be wide community support for the type of housing we provide. This donor, however, has put some requirements on the donation. We must raise at least \$950 to obtain \$1,000 and \$1300 to receive the \$1500.

The donor will triple any donation from someone who has never donated before!!!

This donor picked this time of the year because it is normally a slow time for donations and he/she wants to see a wider base of supporters. This donor also wanted to up the ante and provide us with an incentive.

If you've never donated before, then today is the time to do it. Your donation will be tripled. Thank you to all who are regular donors: Your donation will be doubled.

Mostly thank you to "anonymous" for providing us with this unexpected opportunity.



BOARD CHANGES

Two of our Board members, Taryn Smith and Gena Dokes have resigned from the Board. Gena recently got married and is spending more family time: blending two families into one. We wish her well in her new status as a married, working lady. Taryn has been swamped in her personal and business life." I fear I'm going to have to step down from the board. I've enjoyed working with you and the rest of the people at WHH and I've learned a great deal. Unfortunately, I just can't give the organization the time and attention it deserves." Both ladies will be missed. They added so much to the Board.

BOARD MEMBERS NEEDED

Should you be interested in becoming a member of our Board or attending a Board meeting, please call Lynn at 916-505-5232. We are a working Board and meet 6 times a year. Our next meeting is September 10 at 6pm. We meet near Power Inn Road and Folsom Blvd.



OUR LANDLORDS AND LEAKY PIPES

The plumbing in all the houses is becoming a problem. The houses are at least 30 years old and so are the pipes! We are truly blessed with wonderful landlords. One recently remodeled the bathroom for one of our

lady's houses - a much needed new shower! He took it on himself to get it done in a quick and efficient manner. Another sends his plumber over regularly to repair leaks. This home has 3 bathrooms so there are always tub and shower leaks. Another has a home warranty program that will take care of major problems. We just have to call. However, we try to not bother our landlords. One of our residents has experience rehabbing old homes, so we count on him to make minor repairs.

Welcome Home Housing

Non profit Org

c/o Lynn Smith

US Postage Paid

816 Elm Street

Sacramento, Ca

Woodland, Ca 95695

Permit No 808

Return Service Requested

DOUBLE or TRIPLE YOUR DONATION

AN ANONYMOUS DONOR HAS OFFERED TO MATCH UP TO \$1,500 FOR DONATIONS MADE FROM SEPT 1-
OCT 10 - HELP US RECEIVE THIS WONDERFUL DONATION!!! SEE INSIDE FOR MORE DETAILS.

WELCOME HOME HOUSING QUARTERLY NEWSLETTER

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 on your generosity.

To recycle your old computers, cell phones, TV's, and Monitors or to donate your old automobile, truck, boat or cycle or to donate old clothing call Lynn at 916-505-5232