

WELCOME HOME HOUSING NEWSLETTER

We provide safe affordable homes for adults with mental illness in an environment where we encourage personal development, self- worth and life skills learning.

September 2014



NEWS FROM THE HOUSES

BATS



Not the bats used in baseball, but the flying and bug eating kind. In August, we went to the Yolo bypass between Davis and Sacramento. We anticipated watching the mother bats leave their babies under the bypass road-way and soar into the sky to eat all the bugs they could before returning to feed their babies. Unfortunately, our timing was bad. We were there on one of the few days this summer when there were a few sprinkles and most of the bats decided to not fly so we were able to view only a few. Luckily, we attended the earlier presentation and were able to see several bats in person and learn of their importance to local agriculture and how they help farmers from needing so many pesticides.

PAINTING AT PICTURE

With two of our residents temporarily gone, we decided to use the opportunity and get the interior of the lady's house on Picture Way painted. We've been there nine years and it was beginning to show a little wear and tear. Joel, one of our wonderful "alums" did the painting for us. We can highly recommend him. We are in need of a large refrigerator at this house. The one we have works, but we know it's on a short life span now.



IT'S TIME TO SAY GOODBYE

MOVING ON

After almost 9 years with us, one of our residents decided to move into her own studio apartment. We're very excited for her. She has a part time job at the respite house and is able to afford her own place. While with us, she learned to be her own payee and how to budget. She learned to plan and prepare meals, clean house, get along with others, and take responsibility for her health by joining TOPS. (She lost 25lbs) She became engaged and is planning a wedding in May. With our support, she applied to work at Abiding Hope, was trained and now has a part time job. She is another of our success stories.

We are client driven and most residents decide to stay for a long time. When someone moves in, we shake their hand and say "Welcome Home." These homes are truly their homes for as long as they want them and/or for as long as they work our program. We've enjoyed having this lovely lady in our home and wish her well in her new life.



GOODBYE NEWS FOR WHH AND HELLO NEWS FOR THE RESPITE HOUSE

Our wonderful Sylvia Young, who started with WHH, then worked part time for both the respite house (Abiding Hope) and WHH, has been snatched up by Turning Point who recognized her abilities. She is now the director of Abiding Hope. Lynn encouraged Sylvia to apply for the position. We are truly saddened to lose her, but rejoice with her in her promotion. We know Abiding Hope will flourish under her care just as Welcome Home did.

Taking Sylvia's place is Debbie Coughlin who started as a volunteer for WHH, was hired to work part time and also works part time for the respite house. She has been invaluable to WHH. Debbie had been a mental health worker in Chicago. When living there, she ran several homes for severely mentally ill. We're delighted she agreed to take on more hours. Our residents like her a lot!

Consider joining our board. We are a small working board and the rewards are huge!! 916-505-5232. We meet 6 times a year.

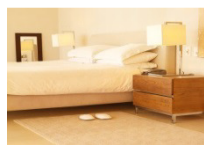
WEIGHT LOSS

We are always preaching the need to eat healthy, to exercise and eat small portions. One of our ladies took our advice, (or maybe she got tired of hearing us nag) and she's lost 40 lbs. by using portion control and walking!!! She loves the way she looks and the increased energy she has.

QUOTE from George Bernard Shaw

A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing.

Most of our folks make mistakes, but we're always impressed how errors don't stop them. Sometimes it slows their progress, but mistakes rarely stop them. The ability to progress with a brain that doesn't function the way they want it to, takes amazing strength, patience and endurance. For those of us with family members, remember to be proud and encouraging when the person with mental illness makes a mistake. When they make a mistake, remember, they are doing something. More is learned by making a mistake than is learned by doing it right all the time or doing nothing at all.



OPENINGS

At the time of printing, we have two openings for females. They are in the newly painted house! Rent of \$670 includes rent, utilities, food and the services of our worker. Residents must be able to take their medications as prescribed by their Doctors. We have a cooking coach who can teach how to prepare an evening meal. Call Lynn at 916-505-5232 or Debbie at 916-899-0951 for an interview.

WISH LIST: A large refrigerator with freezer in working condition. Twin (xlong or regular) or full sized bed with frame and linens.

WELCOME TO CYNTHIA KLOCZKO

Cynthia is a welcomed addition to our staff. She will be working only part time and working one on one with our newest residents, teaching them to cook and clean. She will also be able to fill in for Deborah and Lynn when needed. If her email address is a good hint, cookincyndy@....., we've got the right person to teach cooking.

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

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US Postage Paid
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Return Service Requested

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| <u>WELCOME HOME HOUSING DONATION FORM</u> | |
|---|--|
| NAME | _____ |
| ADDRESS | _____ |
| CITY | _____ ZIP _____ |
| Email address | _____ |
| DONATION | _____ \$20 _____ \$40 _____ \$50 _____ \$100 _____ OTHER |

REMEMBER!! WE RECYCLE!

If you have old clothing, electronics, or vehicles you no longer want or need, call Lynn at 916-505-5232 or 530-666-0202 to learn how they can benefit WHH. We'll keep them out of landfills and turn them into funds to help us with our mission.

NEWS FROM THE BOARD



WELCOME TO NEW BOARD MEMBERS

Mary and Mark Yankauer are both welcome additions to our board. Mark is a Marriage and Family Therapist and Mary is a real estate appraiser. Mary has already stepped in as a mentor mom for one of our men. They learned about WHH when they attended our annual Antique day and decided they would be a good match with WHH. We agree!

