

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.

Nov/December 2014



NEWS FROM THE HOUSES

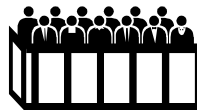


Halloween Party

Witches, clowns, matrons, puppies and other fun characters came to life again at the Halloween party. The ladies at the Spartan house hosted their party for the other houses again this year. It has become an annual tradition. Halloween celebrations would just be another day without the planning and preparation of these ladies. Staff was able to enjoy being guests while the ladies ran the party, games and food. Pizza, chicken wings, veggie tray and various other nibbles were enjoyed by all. The games were appropriately silly and fun. Several “alums” who have maintained friendships with residents at the houses joined us too.

Staff enjoyed watching the ladies, who could not have planned such a party when they first moved in while they organized, shopped for and created a fun evening. Our worker, Debbie, encouraged, supported and drove them to stores as needed.

We kept the TV on so the men could watch the Giants in the World Series. We have some serious baseball fans.



JURY DUTY

The staff became somewhat anxious about covering the work load when we each received a summons for jury duty. In the past 2 months all three staff members have been asked to serve. There are only 3 of us. Luckily we didn't overlap. It's impressive how we all stepped up to fill the shoes of our absent worker while she fulfilled her civic duty.

It's an anxious time for our residents too when they get called for Jury Duty. None have served on a jury yet, but they definitely know they are part of the community when they receive their summons.

WAIT LIST and OPENINGS

As of printing, we have one opening for a man. We also have no wait list. Call for more information or to get on wait list. Lynn at 916-505-5232 or Debbie at 916-899-0951.

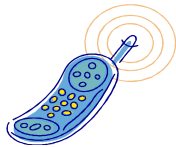
WE NEED SOMEONE WHO IS SOCIAL MEDIA SAAVY!! CAN YOU VOLUNTEER IN THE SPRING? Call Lynn at 916-505-5232 or Mary at 487-3245 for more information.

NEW BOARD MEMBERS -- Mary and Mark Yankauer



Mary and Mark discovered Welcome Home Housing when they attended our annual Antique Evaluation Day and decided to learn more about WHH. After having a personal tour of the houses and meeting many of our residents, both were excited about joining the Board. Mark is a Marriage and Family Therapist and has a wonderful understanding of our residents. His practice is in the Arden area. Mary is a Real Estate appraiser. Mary immediately asked to serve as a cooking coach to one of our men. Mary has also agreed to Chair the “Big Day of Giving” for Welcome Home Housing. This one day event in May benefits Sacramento area non-profits and is a big part of our fundraising efforts.

We are delighted to welcome them to our Board.



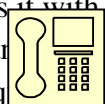
PHONES

Board member Jim Hooper has completed the switchover to Magic Jack for our phones. No more AT&T. We no longer have to block long distance. Our residents are able to call family in other states without worrying about additional fees. We are also able to use Comcast for our internet services at a savings of \$20 a month per house. Totally, we anticipate savings of over \$1,000 a year. Thank you Jim for making us aware of this savings and for putting it into effect.

Additionally, Jim saved us the cost of a new refrigerator--- at least for a while. He repaired the refrigerator at Picture. That refrig is quite old and will need replacement at some time, just not now! Thank you, Jim.

OUR TREASURER – Allison (Allie) Aaber

So often we take our volunteer staff for granted and it’s easy to do when most of the conversation and passing of information is done via email. Every time I request information from Allie, she sends it with a smile. How can I tell if she’s smiling? Her emails are always pleasant and filled with “thank you and you’re welcome, and happy to” and often contain a funny quip. The information requested is always quickly in my in-box. Allie works at First Northern bank in West Sac and commutes from Jackson. We’re so glad she volunteers with us.



TAKING RESPONSIBILITY FOR PERSONAL FINANCES

One of our ladies showed an interest in divesting herself of her payee and handling her own finances. We spent three or four months working with her until we felt she knew how to write her own rent checks, handle a checking account and set up a small savings account for something she really wants. She’s saving \$45 a month by not having a payee and that money is going straight to her savings and maybe a car. She was once on Conservatorship! That is what PROGRESS looks like!

LOOKS CAN BE DECEIVING

When our residents are doing so well, it's easy to forget they have an illness and are struggling to live with it. This year had been incident free until recently. One lady had a crisis and her housemates informed us. We were able to contact her worker who took her to the hospital. The same week, a man had a med change which became a crisis. His housemates called staff, and then called the police who took him to emergency. Notice how the housemates took control. Friendships and caring about each other was the key to helping these two get through their incidents.



DON'T MESS WITH SUCCESS

There are times, when our folks are doing well and their doctors will change or lower their medications. This happened recently to the detriment of the resident. This incident reminded us to tell the residents, "If you are doing well, don't let the doctor change your meds without a good reason such as a bad blood test." "Don't mess with success" is the motto we live by. We reminded the residents to let us know when medications or doses have been changed. That allows us to keep an eye out for relapse signs and call family or doctors, when needed.

OUR CALENDAR FOR 2015

January 13 –Board meeting- all our meetings are open to the public –call Lynn for time & location

January - job training classes

February 22 or 28- 2pm – Outing- a theater play

March 10 – Board meeting

April 18 – Antique Day

May 5 – Big Day of Giving

May 12- Board meeting

June- Outing to Rivercats for the guys and a different outing for the gals

July 14- board meeting

August or Sept –Nature Outing

Sept -8- Board meeting

Oct 30- Halloween Party

Nov- 10- board meeting

Dec.13- Christmas party

GOOD BYE TO BOARD MEMBER WILMA HASH

With deep regret, we say good bye to Wilma Hash who has been on our Board since we began in 2004. She is someone who could always be counted on to start and complete a project!! She is someone the residents related to and was a friend to many, especially those who needed more attention. Wilma always had fresh ideas and new ways of doing things. Her energy will be missed by all. We wish her well as she finally slows down and enjoys her yoga classes and other endeavors.

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c/o Lynn Smith
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Woodland, Ca 95695

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HAPPY HOLIDAYS FROM

WELCOME HOME HOUSING

www.welcomehomehousing.org

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

WELCOME HOME HOUSING DONATION FORM

NAME _____

ADDRESS _____

CITY _____ ZIP _____

Email address _____

DONATION _____ \$20 _____ \$40 _____ \$75 _____ \$100 _____ MORE!!

Remember, we will recycle your old electronics, TV's, Computers etc. We also recycle old clothing, linens, shoes, towels etc. They can be dropped off at one of our houses. Call Lynn at 916-505-5232 for locations.