



IN MEMORY

Our thoughts and prayers go out to the Briggs family. Their brother Ellis lived with us for many years until he developed a terminal case of lung cancer and suffered from several other difficult health concerns. He was a perfect example of what it means to be a gentleman. He was without a doubt one of the gentlest and kindest men we all have ever known. Ellis, you left us all with wonderful, positive memories of how to live successfully with mental illness.



NEW BOARD MEMBERS

At the last Board meeting, we accepted the resignation of **Shauna Verdake** as a Board member and welcomed **Tom Hicks and Chantelle Miro** as new members. Chantelle is a family member who has had two family members at WHH. It will be good to have a family perspective on the board. Tom Hicks used to work at WHH as a Life Skill Coach and counselor. He was a real favorite of the residents. He presently works at Cal Trans. The Board is looking forward to his input. It's nice to have him back.

CHRISTMAS PARTY

Our Christmas party was a big success again this year. The Board treated all to a sumptuous meal. At least we think it was sumptuous because there were very few left overs. We enjoyed the usual games and dressed up 4 people as living Christmas trees, using green plastic tablecloths, hula hoops, dollar store decorations and lots of scotch tape. Even the "alums" who came had a great time. Everyone received a 2015 calendar and a Christmas stocking stuffed with everything from toothbrushes and soap, to silly toys and pencils.

CROSSROADS AND JOB TRAINING

Crossroads sent two lovely ladies over to explain the Ticket to Work program. Six residents attended and four are going to the Dept of Rehab orientation at Crossroads. Crossroads is in our neighborhood, so it should be easy for everyone to attend. We have hopes at least two will find employment.



NEW REGULATION FOR BOARD AND CARES

I've been receiving an unusually large number of inquiries from families asking if we accept persons over the age of 60. I finally learned what was causing the many calls. The State has evidently changed the regulations for Board and Cares. If they have individuals over the age of 60, B&C's are required to have additional staff members on site, even if the residents are stable, healthy and ambulatory. This has the potential to cause a financial hardship for many B&C's. They will receive substantial fines if they allow people to remain without the additional staffing and as a result clients are being disrupted from places they have called home for many years. If board and cares are not allowed to increase the rate they charge to compensate for the extra staffing and older clients do not receive increases in their SSI, there will be fewer facilities for everyone. This could be a major concern for many families, especially as the large boomer population ages. Imagine being homeless at the age of 60. This regulation could cause this to happen.

To answer the question about WHH accepting people over 60. We have found by 60, especially if they have never lived outside of a board and care, most do not do well with us. Our program is designed for individuals who are capable of taking their medication without prompting and are looking for a more independent life style.

WHAT DO THE RESIDENTS DO ALL DAY EXCEPT SLEEP, SMOKE AND WATCH TV?

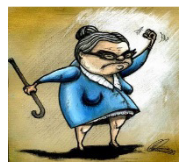


I hear that question all the time from people calling to learn about our program. The answer depends on the resident. Our residents are all capable of doing things, but all are on a different path, have different diagnosis and have different recovery levels. They are all required to do chores, plan meals and cook. However, most are more active. One lady cannot leave the house, yet she is active in the house, keeping it clean and being a house mother. She is involved in the outside community by making a daily call to a senior citizen making sure she is OK: a small but important duty. We have three residents who have part time jobs. One lady attends AA meetings 3-4 times a week. One man is a talented budding poet and has joined several poetry groups. Another lady volunteers at Goodwill 4 days a week. Others have health issues in addition to their mental issues all which require constant monitoring. Some enjoy playing music and admittedly some just smoke and sleep and play video games. Everyone is working hard to stay stable, remembering to take their medications and getting to Doctor appts. As Joyce Burland, who developed the NAMI Family to Family program, said, "When they are ready, they will move."

ANTIQUE DAY FUNDRAISER—APRIL 18 Mark your calendar



Start checking your cup boards and closets!! Call Grandma! Tell your friends to do the same. We will have our Antique Evaluation day again this year. There will be more information about it in the next newsletter and postcard. As usual, we have some well-known, outstanding appraisers, including a gemologist and an Asian Art expert. It will be held at the Unitarian Church on Sierra Blvd again this year.



QUOTE FROM AN 80 YEAR OLD LADY

"If you don't have a sense of humor, you probably don't have any sense at all."

We at Welcome Home have learned to laugh at what we can't change and surprisingly, stuff changes as our attitudes change. A sense of humor allows all of us to get through stressful situations.

Whenever I have a difficult day, I go to one house in particular. One lady who lives there can make me laugh and smile and suddenly everything is OK. We all sit there laughing and giggling.

THE RESPITE HOUSE

It's all good news at Abiding Hope. The house is almost always full. The stay may be short term, but people have been helped to move on, find housing, get a Dr. and just be in a safe place for a while.

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

Non profit Org.
US Postage Paid
Sacramento. Ca
Permit No 808

Return Service Requested

WELCOME HOME HOUSING NEWSLETTER

OUR THANK YOU EDITION

We provide 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 _____ \$50 _____ \$100 _____ MORE

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.

