

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.

April/ May 2015



NEWS FROM THE HOUSES

Weight is always a problem for many of our ladies. The meds they need for their mental illnesses tend to add pounds and since many of them are getting older, keeping the pounds off is a constant challenge. Our Coach, Cynthia has started a walking program and is taking them on walks around the neighborhood. They're all watching food portions and are using salad plates to dish up meals instead of the large dinner plates. They are learning to buy and prepare fresh produce. We encourage healthy eating, portion control and exercise which we hope will be the solution to healthier bodies.

While our wonderful worker **Debbie recovers from surgery**, our cooking coach, Cynthia has stepped up and is working with three houses while Lynn works with one house and the respite house. Cynthia is a delightful lady and we're so lucky to have her. She is not only coaching 2 people with cooking, but is also running the house meetings, helping to plan meals and taking the residents shopping and walking.

Drugs and alcohol are something that some people, especially the younger ones, sometimes want to experiment with. Over the years, we've had residents with dual diagnosis and it's not easy for them to stay away from those demons and ultimately succeed. We have several men now for whom we are keeping our fingers crossed. Requiring attendance at AA meetings is the start. One of our former residents who succeeded with AA and has been sober for over 7 years has agreed to be a sponsor. We normally don't accept people with dual diagnosis, but when someone slips up while they are with us, we jump on it and assist them rather than immediately kick them out.



One of our ladies, who was on conservatorship when she moved in just purchased a **car**. Since living with us, she has gone off of conservatorship and learned how to manage her money. Buying a car has been a long time dream for her and she made it happen! Drive safely!!!



Another lady has set her **wedding** date for May at a local church and the ladies at the houses are all busy setting up bridal showers, buying dresses and making decorations. The lady getting married has a job and has been saving for several years for her wedding and it's finally happening!! She'll be a beautiful bride and a loving wife. We all wish her many years of happiness with her future husband. She has been with us since 2006. We'll miss her!!

OPENINGS : In May we will have an opening for a lady and another opening in June after the May wedding. Call Lynn at 916-505-5232 for an interview or information.

JOIN US for SOME FUN

Welcome Home Housing Presents

A Mental Health Fund Raiser

ANTIQUÉ EVALUATION DAY

SATURDAY

APRIL 18

11am – 2:00pm

ARDEN AREA

2425 Sierra Blvd - Sacramento

Unitarian Universalistic Society of Sacramento

Located between Howe and Fulton just north of Fair Oaks Blvd.

If you are a follower of PBS's Antique Road Show, then you won't want to miss this event.

Bring your books, documents, paintings, photographs, jewelry, toys, posters, textiles, glass, china, pottery, dolls, decorative arts, armament, stamps, Indian artifacts, inherited items and garage sale finds for evaluation by our qualified, expert appraisers. Learn if it's a treasure or trash. Insure it or toss it.



Suggested donation: One item \$8 or 5 items \$35

Proceeds to Benefit Welcome Home Housing-A housing program for adults with mental illness. For information call Lynn. 916-505-5232 cell

This is one of our major Fund Raisers and it's lots of fun too. Tell your friends and get the word out. Everyone has an item in their home they've wondered whether it had value or not. This is your chance to find out.

Some folks have items they want to give to their family members before they move on, but want it to be fair and not show partiality to one family member over another.

Our appraisers are experts and can give you an oral appraisal much like Antique Road show.

They have volunteered their services to us since we began 5 years ago.

Support housing for those with a mental illness.



WELCOME HOME HOUSING

is excited to be a part of the upcoming

BIG DOG CAMPAIGN

BIG (DAY OF GIVING)

Mark your calendar NOW

Tue. May 5th 2015

Go online and support

Low cost housing for the mentally ill and maximize your online donation by making us eligible for **BONUS FUNDS** from corporate sponsors.

All donations must be made at this website bigdayofgiving.org Note this on your May 5 calendar.

To count toward totals and be eligible for bonus funds, it must be done only on Tuesday, May 5th. Send your email address to ls816@wavecable.com and we'll send you a reminder!!!

Welcome Home Housing always supports NAMI and their walk which gives them the funds to provide their many services. Welcome Home was begun from a group of 21 NAMI members and we still enjoy the support of NAMI.



Saturday, May 2, 2015

William Land Park
1950 Sutterville Road
Sacramento CA

The funds raised through this WALK support various NAMI programs offered at no cost such as:

- Family-to-Family Training and Family Support Groups
- Peer-to-Peer Training and Peer Support Groups
- Crisis Intervention Training and Community Outreach and Education

Create a WALK Team

The success of the Northern California NAMIWalk comes through the establishment of Walk Teams. To join a team or start one go to http://www.namisacramento.org/NAMIWalk/nami_walk2015.html

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

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Return Service Requested

WELCOME HOME HOUSING NEWSLETTER

JOIN THE FUN FOR OUR ANTIQUE EVALUATION DAY
Saturday April 18 – 11-2pm



2425 Sierra Blvd – between Fulton and Howe

North of Fair Oaks Blvd.

More information inside!!