

# WELCOME HOME HOUSING NEWSLETTER

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

JULY/AUG 2015



## NEWS FROM THE HOUSES

### THE RESPITE HOUSE, TURNING POINT AND WELCOME HOME

When we partnered with Turning Point to create the respite house, Abiding Hope, we didn't expect it to be such a successful partnership for the clients we all assist. Recently, three Abiding Hope residents were in need of permanent housing and WHH had openings. They have moved into WHH and are grateful they didn't have to go back to the prior situations they had gone to Abiding Hope to escape. I am always astounded at the strength and resiliency of people with mental illness. Many have had difficult lives and are still the kindest and strongest people I have ever met.



### THE WEDDING

One of our ladies got married in May. The wedding was held outdoors at the church where both bride and groom are very involved. Their smiling faces told the whole story. They were both radiant. They enjoyed a short honeymoon in the foothills near Grass Valley. She's very busy setting up her household with her new husband and is still working as an "on call" worker at Abiding Hope. She was with us for over 7 years. The house seems empty without her. She's missed, but we're all so happy for her.



### DRUGS AND ALCOHOL

In the last newsletter I mentioned that several of our residents had been drinking alcohol. We gave them a chance to attend AA meetings and to stop drinking rather than telling them they had to leave. Sadly, only one of three has continued to remain sober and I had to give notice to the other two. Their behavior was affecting the mental health of others living in their houses. Dual diagnosis is a tough battle for many persons with mental illness and unfortunately, there just aren't enough facilities willing to work with this problem population. Facilities with a good success rate have long wait lists. If you ever meet or have an opportunity to write a letter to an elected official, tell them you support more 24/7 live-in drug and alcohol treatment programs. WHH is not a drug or alcohol treatment program; however we are a good place to live after successfully completing such a program and being clean and sober for a minimum of 8-12 months.

## NEW STAFF MEMBER

Alison Hertz recently joined our staff. She will be working with both men's houses. She has worked with seniors in the past, so I hope our guys don't wear her out! Cynthia Kloczko is working with the ladies houses and will menu plan and shop for the Respite House. Our wonderful Debbie is still fighting her cancer and is winning! Her Doctor is talking cure, not remission. We look forward to her return. When she returns, Lynn will retire and Deb will be your contact person and new Director.



## RESIDENT POETRY

One of our men is a serious and talented poet. He has joined several writing groups. Below is a sample of his work. He plans to create a book to give as gifts to family.

### THE NEW ME

**Today I imagine being someone else.**

**The new me is better. Abler to handle daunting challenges I feel too inadequate to meet.**

**New me? Bang. Done. No problemo.**

**He's bigger, faster, stronger. Forthright, courageous, even heroic; impervious to pain.**

**I'm startled at first by his appearance in my back yard. Together we sit, lawn-chairs beneath shade trees.**

**Out of sight, a mockingbird plies counterfeit voices: robin, starling, red-shafted flicker; a coarse attempt at the liquid trill of Nuttall's woodpecker.**

**Then that other me makes me laugh. Walking towards the house to make more coffee, I pick up a stick to represent him and toss it on the woodpile.**

Steven



## LINDSAY DEFAZIO- FORMER BOARD MEMBER RETURNS

We recently received a call from a former board member, Lindsay DeFazio, who asked to rejoin the board. We're delighted to have Lindsay and her youthful energy back. She immediately arranged a party for her friends and turned it into a fund raiser for WHH. New blood creates new, fresh ideas.

## BIG DAY OF GIVING

A huge thank you to Board member Mary Yankauer for chairing the Big Day of Giving on May 5<sup>th</sup>. Thanks to her Herculean efforts and your generous gifts, we doubled what we made last year. The Sacramento area made several million dollars for over 500 charities. The money is much needed unrestricted money that allows all charities to continue our missions. We are grateful to the many businesses who added a small match to everyone's donations. We will continue to participate in this exciting day.

## ANTIQUUE DAY

As usual, we had a great day watching the many treasures and curiosities being brought in for appraisal. Three items stood out: A dark, cobalt blue soda bottle from the gold rush days. It had MG and Sacramento misspelled on it. Because of the misspelling, it was valued at \$1700. Another lady drove down from the foothills with a lovely bisque doll valued at over \$3,000. An unexpected treasure was a numbered and signed Picasso lithograph. It had been a gift to the lady and she had no idea that it had Picasso's authentic signature creating a value of several thousand dollars. The appraisers advised many people who brought in china and silver for evaluation to go ahead and sell them and take a well-deserved trip. They said very few family members in the younger generation want grandma's treasures.



## ALMOST THERE

One of our ladies is a semester away from graduating from Carrington College as a Medical Tech. She has faithfully attended the classes and has received high grades. By December we hope to attend her graduation. Way to go!!!



## OPENINGS

June has been a month of change and continues as such into July. Old timers are moving out on their own and new people are being interviewed for their spaces. We are looking for just the right combination of residents who will get along and support each other. They MUST be clean and sober and be willing and able to take medications as prescribed. Our homes are in Rosemont near Watt Ave and Folsom Blvd. Rooms are single. Rent is \$670 a month and includes utilities, laundry facilities, food and the services of our worker. To be considered for a vacancy, call Lynn for an interview- 916-505-5232 or email her at [LS816@wavecable.com](mailto:LS816@wavecable.com) To preview our program agreement go to our website: [www.welcomehomehousing.org](http://www.welcomehomehousing.org).

## CLOTHING RECYCLING

We no longer collect clothing as a fund raiser. Politics and money have created a market that makes it no longer possible. The dollar is too strong. Thanks to those who have donated in the past.

Welcome Home Housing

Non profit Org.

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

US Postage Paid  
Sacramento, Ca  
Permit No 808

Return Service Requested

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### WELCOME HOME HOUSING DONATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

Email address \_\_\_\_\_

DONATION \_\_\_\_\_ \$20 \_\_\_\_\_ \$40 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ MORE

Tax ID# - 04-3795698

**REMEMBER!! WE RECYCLE! If you have old 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.**