

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.

www.welcomehomehousing.org

November/December 2015



NEWS FROM THE HOUSES

This fall has been somewhat uneventful at the houses. In other words, no huge crisis. Our staff under the new leadership of Deborah Coughlin is working well together with Alison working with the men and Cynthia working with the ladies and the respite house. The residents have adjusted nicely to the changes.



History Mystery Tour

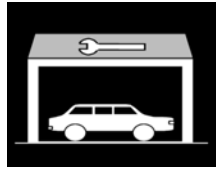
Always a favorite with the resident; history mysteries are when we keep the destination of the educational tour a secret. Some past tours have been an exploration of the underground areas of Old Sacramento and a walk through the state capitol building. Fitting with the season, this time the History Mystery took us to City Cemetery.

While apprehensive at first, the residents quickly discovered the beauty of the grounds. Henceforth, we were off for a leisurely walk through the beautiful flowers to time travel back to the early days of Sacramento. Docent, Melonie Howard while dressed in period clothing weaved tales about some of our cities prominent figures. The residents were captivated by delightful stories from the scandalous adventures of Aimee Crocker to a tragic story of a murdered woman and her lover's desire to bury his heart next to her for eternity. Of course, it wouldn't be Halloween season without at least one eerie story of a potential pre-mature burial.

Holiday Planning

Anticipation of the approaching holidays is exciting for some yet daunting for others. Many of the WHH residents look forward to family functions; however there are several that do not have that opportunity. This is why it is so important to encourage a strong sense of community and belonging through creating opportunities for residents from all of WHH's houses to spend quality time with each other. Our annual holiday party is the highlight of the year. Residents, staff, board members and program alum come together to eat, play games, and most importantly laugh and enjoy each other. Preparations are underway for this year's celebration on Sunday December 13th.





GARAGE CLEAN UP DAY

Years of “stuff” accumulated in all our garages. Eleven years ago, when we opened our first home, many of you donated gently used furniture and house hold items. You continued doing so every time we added another house. We have been very grateful for your generosity. However, over the years some items became not so gently used and many of you offered additional items to replace older “stuff”. We carried the older items out to the garages.

It was time to clean out the garages!! One warm Saturday summer morning, Board members and staff got busy and cleaned out three garages. Four hours later there were no more lumpy stained mattresses, no more broken lamps and pictures and damaged side tables or chairs, no more “stuff” left by former residents. The leaf blower swept down the cobwebs and the floors were visible again! No more black widow spiders hiding away.

Welcome Home is truly blessed with the best Board of any nonprofit! They are not afraid to get dirty!

We need another Board member. Please consider joining. It’s not only fun, but very rewarding. Call Deb at 916-889-0951.

A VERY SPECIAL THANK YOU TO BOARD MEMBER TONY DAVIGO

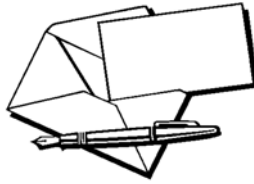


It is with great sadness that we must say thank you and farewell to Tony DaVigo as he retires on December 31, 2015 from the WHH Board of Directors after six years of service. During the past five of those years, Tony has presided over our Board meetings as chairman. In addition to serving as chair, Tony has generously gifted his expertise as a retired attorney through providing the WHH board with the necessary policy statements to meet federal standards for nonprofit organizations. With Tony’s professional guidance, WHH has evolved into the vital organization that we are today. His invaluable advice as well as his delightful sense of humor will be sorely missed. Tony will be a tough act to follow. We wish him well.



Newly elected Chairman of the Board

As Tony steps down as chairman, he hands his gavel over to board member Tom Hicks. We are excited that Tom has agreed to step into this role effective January 1, 2016. He has served on the board of directors for the past year and has worked with WHH in the past as a life skills coach. Tom’s prior experience working in mental health and his generosity with his time bring great benefit to WHH. We are truly blessed to have him aboard.



LETTER FROM LYNN OVEROYE SMITH SAYS

“IT’S TIME TO RETIRE”

Almost 12 years ago, 21 NAMI members met to discuss housing. Many families were not happy with the housing choices available for their family members and decided to develop a new program. Under the guidance of Lynn Overoye-Smith, Welcome Home Housing was begun. Lynn has been a volunteer Director for the past eleven years. She is retiring as Director and will turn the reigns over to Debbie Coughlin in October. Lynn has agreed to remain as Treasurer until we find someone trustworthy and competent who will volunteer.

“It is with mixed feelings that I find that it’s time to retire as Director/President of Welcome Home Housing. I will miss all the interaction and friendships I’ve developed with the wonderful residents who have considered Welcome Home Housing their home. I can’t say enough good stuff about the staff and Board Members and volunteers who helped pilot this program. I’ll miss you all.

Our first 5 years were spent expanding from one house to 4. In the past 5 years we served 24 persons a year or over 120 persons with a mental illness. I’ve watched many residents succeed and move into their own places but sadly have seen others, who were not yet ready for our program, leave. Some residents have lived with us for over 5 years. I’ll miss not shaking the hand of a new resident and saying “Welcome Home” and seeing the relief on their faces when they finally realize we are not transitional housing. This is truly their home. It has been so rewarding to watch them grow and develop. Even those who eventually needed a higher level of care have grown with us.

I am very proud of what we have accomplished and am delighted and privileged to have been a part of the whole program. I have complete confidence in Debbie Coughlin who will serve as our new director. She has a Master’s degree in Organizational Leadership and was a case manager for adults with developmental and mental disabilities working in group homes in Chicago. She started as a volunteer with WHH, became a mentor and life skills coach and is primed to take over the leadership of WHH. Our residents know and trust her.

My eleven year stint as Director was as a volunteer. For me, it was a labor of love, but it’s time to get realistic and recognize the need to pay our new director. Deb has agreed to work for a salary considerably less than what she is worth, because she loves and believes in what WHH stands for. I ask each of you reading this to seriously consider making an annual donation to Welcome Home. I’d like to see the community get behind her and the WHH Board and recognize what has been accomplished by donating whatever you are able. We are a jewel in the mental health community worthy of your support.”



QUOTE FROM AN OLD LADY

Find joy in simple things: The sight of the first robin in spring: A hawk soaring in a cloudless sky: A rainbow that stretches from horizon to horizon: A puppy, the first radish from the garden each spring: a newborn baby.

Welcome Home Housing

Non profit Org.

c/o Deborah Coughlin
3146 N St Unit A
Sacramento, Ca 95816

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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 Debbie at 916-899-0951 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.