

WHH is a non-profit tax exempt 501c3 organization. We provide affordable homes for adults with mental illness in an environment that encourages individual development and personal self worth.

[www.welcomehomehousing.org](http://www.welcomehomehousing.org)

December 2011



## NEWS FROM THE HOUSES

We are so pleased that our first try at co-ed housing has worked out so well. We have one house with one lady and three men. The lady has the master bedroom with her own private bathroom. It works primarily because of the individuals involved. They are all very mature and caring people. The men treat the lady as they would their little sister. We try very hard to find individuals who will fit in all the houses and to find the right personality matches.

In the past three months we have had four people move out. Unfortunately one stopped taking her medications, was hospitalized and needed a higher level of care. One moved back to the midwest to be near her family! We're so happy for her. Another lady has moved into her own apartment. She's gone back to school. A man decided to move into his own apartment. So we're getting to know four new residents. Each new resident has their individual challenges. Sometimes the challenge is simply getting out of bed or learning to cook. For others it's trying to become a productive member of society whether it's volunteering or working or going back to school.



We're especially proud of one of our residents!!! He has been working for Pride Industries for almost a year. He was recently recognized as one of the top 10 workers at Pride Industries. He and the other nine were presented with plaques at a nice lunch at the Olive Garden. He was even featured on Channel 3 news! He was so pleased to have the opportunity to wear his 'Men's Warehouse' suit.

One house has hosted a BBQ and a Halloween Pizza party for the other houses. It's a wonderful opportunity for the residents to get to know each other. The Board will host a Holiday party for them soon.



Weight loss is still a challenge at the houses. One lady has lost 35lbs using the TOPS group. A man has lost 25 lbs with weight watchers and two ladies just started the South Beach diet and one has lost 5 lbs so far. The medications can be a blessing and a curse. Some meds add unwanted pounds. We keep preaching about making good and healthy food choices, but the brownies occasionally slip in.

Kittens, Kittens, Kittens. We don't know why, but cats seem to know that our homes and our residents are safe places to give birth. This is the second house to host the occasion of a stray having babies. It's been great watching the men be mamas to the babies. They have kept one baby.

Another house had a stray baby, probably only a few weeks old, dropped at their home. They nursed it, named it Little One. Little one is now easily a 20 lb. Tom. At another house, we took the babies and mama to a cat rescue group and they found homes for them.

## ANTIQUÉ EVALUATION DAY

We will again host an Antique evaluation day on April 21<sup>st</sup> 2012 at the same location on Sierra Blvd. More information will be following in later newsletters. Meanwhile, check out your homes for those treasures you want evaluated and tell your friends, family and neighbors about it.

## **OPENINGS AND WAIT LIST**

At this time, we have no openings. As you read above, we've had some recent turn over. Our wait list is short, so should you decide it's time for your family member to move out and to experience some supported independence, give us a call. Often times when we call people on our wait list, they have found other housing, or we have determined they need more services than we can provide. As a result, people can move quickly up to the top of the list. Please be aware that residents must be able to take their own medications as prescribed and must be clean and sober for at least a year.

Go to our website, [www.welcomehomehousing.org](http://www.welcomehomehousing.org) and click on program agreement to view and print out our contract.

## **LETTER FROM A FORMER RESIDENT**

"I didn't get to say thank you for the payments sent to me from WHH. I appreciate getting to do work for the houses; and working on computers is what I enjoyed doing when I was working. So having a chance to do both (Even every now and then) is fulfilling for me. I've gotten to know a lot of different people, while staying at WHH and it has helped me grow as a person and as an adult. I have had a lot of opportunity to take on responsibility for things in my job/day to day. Living at Americana came at a time when I was learning to take responsibility for myself, and move on to something bigger and new; in my life and I see every day more and more that WHH is working to provide that for others like me, and from every walk of life. The only thing that has gotten in the way of relating to the other residents at welcome home housing's four houses, is not when people are not doing well, age, gender, or ethnicity, it is attitude and substance abuse. I know that a spot for a fourth house mate is being filled at Americana, or may already be filled. I just wanted to express my experiences, in hopes that some one, that everyone there, can relate and blend with.

--Thank you for your openness, and how you foster those around you."

### **Comment from Lynn**

This young man has excelled! He repairs all our computers, is reliable and is reasonably priced. Should you need some work done on your computer, give me a call or email me. Lynn 916-505-5232. [LS816@wavecable.com](mailto:LS816@wavecable.com). I'll pass your name on to him.

## **PAYPAL IS AVAILABLE ON OUR WEBSITE**

Thanks to our new webmaster, Bob Weber, we now have PAYPAL on our website. Just go to [www.welcomehomehousing.org](http://www.welcomehomehousing.org) and click on the paypal link. As we've discussed in the past, our residents pay only 85% of the actual costs, so we rely on generous donors like you to make up the difference and on our fundraising events such as the antique evaluation day and Ewaste collection. As we all recognize, the cost of living keeps going up, but income remains pretty steady. We need to see an increase in donations from those who have not donated in the past. Please consider adding us to the list of charities you already donate to.

Even though we started from a group of NAMI members, we are not part of NAMI. So if you are donating to NAMI thinking we were receiving your gift, it isn't so. We are our own 501c3 organization.

## **WE NEED A DRIVER**

The two ladies who just started a weight loss program need someone to drive them on Friday mornings from their home in Rosemont to Rancho Cordova ( The Cordova Lutheran Church on Coloma) so they can attend the TOPS meetings. They have to be there by 9am and the meeting is over around 11am. Perhaps you yourself need some support with a diet plan. This could be your opportunity. Your mileage is tax deductible.

## ***You may be only one person in the world, but you may also be the world to one person. Volunteer!***

We have been blessed with wonderful volunteers and to be honest, we couldn't continue without their assistance. We especially need people who can work one on one with a resident and help him/her learn to prepare the evening meal or to learn to clean their part of the house. This is needed only once a week. The cooking is usually around 4-5 pm. The cleaning can be almost anytime depending on your schedule and the resident's schedule. You do not do the cooking, or cleaning, you show or tell them how to do it. No dishpan hands. As many of you already know, repetition is needed before a lesson is learned. So patience from you is truly a virtue. Our homes are near Hiway 50 and Watt Ave. Your mileage is a tax deductible donation. Call Lynn at 916-505-5232 or 530-666-0202 or email at [LS816@wavecable.com](mailto:LS816@wavecable.com). Please check out our website for other volunteer opportunities. [www.welcomehomehousing.org](http://www.welcomehomehousing.org)

### **THANK YOU TO THE FOLLOWING FOR DONATING YOUR TIME AND EXPERTISE**

#### **Our Board of Directors**

Tony DaVigo – Chair  
Lynn Cathy  
Wilma Hash  
Deborah Coughlin  
Roger Warloe  
Taryn Smith

#### **Staff**

Lynn Smith - Director  
Allison Aber - Treasurer  
Anne Hindman - Secretary  
Sylvia Young – Life Skills Coach

#### **Volunteers**

Lois Hoeffel	Cooking Coach	Ailene Kraydich	Cooking Coach
Rich Robbins	Cleaning Coach and buddy	Deborah Coughlin	Cooking Coach
Wilma Hash	Cooking Coach	Lynn Smith	Coach
Lee Gasaway	Cooking Coach and beading instructor		
Jim Hooper	Assistant to Lynn Smith at Food link and general handyman		
Bob Weber	Webmaster and new owner of a kitten		
Roger Warloe	Ewaste Chair		

### **A VOLUNTEER STORY**

Deborah has been working with D since he moved in. D had very little confidence about his ability to cook. Deb saw that he was very capable. He just didn't know it himself. She assured D that he could do it. D now picks out some very complicated recipes and creates some great meals! He really doesn't need a cooking coach anymore, but he and Deb have made a great connection and they enjoy their time together. Deb is constantly challenging D to try something more difficult and he always succeeds.

### **NEW BOARD MEMBER**

**Taryn Smith-** Taryn hadn't even been voted on the Board when she heard about our need to find homes for the kittens who were born at one of our houses. She immediately went to work to find homes for them and to get them spayed. Taryn noted our need for a Board member on the Sacramento Volunteer Bureau website and attended our Board meeting before committing. Taryn has a twenty year career in public service during which she has focused on administrative oversight and consumer protection. She served for five years as the Executive Officer for the State Board of Optometry and is currently a policy consultant for the State Senate. Concern over recent budget cuts motivated her to seek opportunities to help her community at the grass roots level. In addition to serving on the Welcome Home Housing Board, she also volunteers for a local food bank and an adult literacy program.

We're delighted to have her.

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

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## END OF THE YEAR TAX INFORMATION FOR THOSE OVER 70 1/2

The ability to make tax-free charitable distributions from your IRA is extended for 2011. This only applies to taxpayers age 70 1/2 or older. You can to make a donation from your IRA or SEP and not have to pay taxes on the distribution. Please check with your financial advisor before making a donation. Thank you for considering us.

### This is my donation.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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

AMOUNT OF DONATION: \$15 \_\_\_\_\_ \$25 \_\_\_\_\_ \$35 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$200 \_\_\_\_\_ other \$ \_\_\_\_\_

We are a non-profit 501c3 organization. Your contribution is fully tax deductible. Tax ID#04-3795698. We receive no Federal, State or County money. We are dependent on your generosity.

**To recycle your old computers, cell phones, TV's, and monitors or to donate your old automobile, truck, boat or motorcycle call Roger Warloe at 723-3341.**

*Accept the fact that some days you're the pigeon, and some days you're the statue!*

*2 \* Always keep your words soft and sweet, just in case you have to eat them.*

*3 \* Always read stuff that will make you look good if you die in the middle of it.*

*4 \* Drive carefully... It's not only cars that can be recalled by their Maker..*

*5 \* If you can't be kind, at least have the decency to be vague*

*6 \* If you lend someone \$20 and never see that person again, it was probably worth it..*

*7 \* It may be that your sole purpose in life is simply to serve as a warning to others.*

*8 \* Never buy a car you can't push.*

*9 \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.*

*10 \* Nobody cares if you can't dance well. Just get up and dance..*

*11 \* Since it's the early worm that gets eaten by the bird, sleep late..*

*12 \* The second mouse gets the cheese.*

*13 \* When everything's coming your way,  
you're in the wrong lane.*

*14 \* Birthdays are good for you. The more  
you have, the longer you live.*

*15 \* You may be only one person in the  
world, but you may also be the world to one  
person.*

*16 \* Some mistakes are too much fun to  
make only once.*

*17 \* We could learn a lot from crayons.  
Some are sharp, some are pretty and  
some are dull. Some have weird  
names and all are different colors,  
but they all have to live in the same box.*

*18 \* A truly happy person is one who can  
enjoy the scenery on a detour..*

*19 \* Have an awesome day and know that  
someone thought about you today.*

*20 \* It was me, your friend!*

*Save the earth -- It's the only planet with  
chocolate!*

