



Housing News

Sacramento Area Emergency Housing Center

December 2008

Why I Am Thankful

A message from the Executive Director, Carolyn Brodt

I am sincerely thankful for the community of Sacramento for reaching out to our agency during the Thanksgiving holiday offering their time and gifts. The agency phones were constantly ringing leading up to Thanksgiving with companies and individuals who were interested in getting involved. Unadvertised volunteer positions were soon full and there was enough holiday food to take care of all of our families in all twelve of our programs. My appreciation and thanks is extended to the following agencies and groups.



The employees at Deloitte once again took care of the needs of 34 families in our Family Shelter, Omega Program, CPS Home Finding Program, and the 18 women in our Women's Refuge and ESP programs. On the November 22nd, they delivered \$1,394 worth of food and \$1,804 in Safeway giftcards.

The Rancho Cordova Kiwanis and Mather Heights Elementary School Principal Alan Withers provided holiday food baskets for the 55 families of Mather Community Campus (MCC). Also their were wonderful volunteers from the community who helped sort and wrap these items for distribution.

The ED Fund provided funds and goods for MCC through their employee donation drive. These donations will help out greatly this holiday season.

Rise Yoga Studio for holding their benefit yoga class for SAEHC the day after Thanksgiving. They raised over \$400 and collected items for our Women's Refuge program.

Joe Zaniker and Graphic Focus for the large holiday donation they made in honor of their clients. What a great way to celebrate the season of giving.

The students of Del Oro High School who collected nine Thanksgiving dinners with all the fixings for families who have transitioned out of our emergency shelters and are living on their own. The students drove all the way down from Loomis to deliver the holiday meals.

The volunteers who decorated our Family Shelter on Thanksgiving day for the clients and who helped clean-up after Thanksgiving dinner. The

Keeping Families
Together

SAEHC runs the only shelter in Sacramento that accepts two parent households, single fathers, and sons over the age of 14

Board of Directors

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SAEHC is a United Way certified partner. #3091

Check out our website for a full list of [wish list](#) items.

Donations are accepted Monday - Thursday from 8 a.m. to 5 p.m. and Fridays from 8 a.m. to 4 p.m.

generosity from the community warms my heart each year.

Welcome New Board Members!



Matt Keasling has been involved with SAEHC since he was a child, when he attending our Fairytale Town After Event with his parents. Now an attorney with Taylor & Wiley, Matt is continuing the tradition set by Jim Wiley, who was the President of SAEHC's Board in 1996. A Fund Development Committee member for the last few years, Matt is a welcomed addition to our Board.

Like Matt, Athena Thomas first became involved with SAEHC as a child. Athena stayed at the Family Shelter with her parents and later moved into Mather Community Campus. Now, Athena is an AmeriCorps volunteer and is passionate about giving back to her community. We look forward to her unique insight on our journey to provide the best programs possible.

2411 Alhambra Boulevard,
Suite 110
Sacramento, CA 95817

Or donate [online!](#)

If you have questions regarding donations email us at donations@saehc.org or call 916-454-2120 x302

Holiday Giving Ideas

Our agency provides all of our clients with holiday food and gifts. You can help us make these holidays special for those in need by donating any of the following items:

- Gifts for Children- toys, puzzles, board games, books
- Gifts for Teens- CDs, Books, Movies, Makeup, Jewelry, Watches, CD/MP3 Players, Scented Lotions, Perfume, Clothing/Shoe Gift Cards, Sports Equipment, Entertainment Gift Cards, Purses and Wallets, Pajama Sets, Robes, etc.
- Gifts for Adults– Umbrellas, Alarm Clocks, Watches, Ties, Gift Certificates (grocery, fast food, and department stores), Books, Purses and Wallets, Perfume, Lotions, etc.
- Single Use Cameras
- Turkeys/ Food Baskets
- Wrapping Paper and Ribbon
- Blankets
- Knit hats
- Gloves
- Sweats (all sizes)
- Socks, Underwear, and Bras (new)
- Back/day Packs
- Regional Transit Passes
- Toiletries– Small Soap, Shampoo, Conditioner, etc.
- Healthy Snacks



If you can help, please call (916) 454-2120 x302 or email donations@saehc.org



This year, Giving Trees are located at SAEHC's Administration Office and Stein Mart in Rocklin. Each ornament on the trees contain information about a child and suggestions for gifts to make their holiday special.

Those interested in adopting a family at Mather Community Campus this year, please contact Marilyn Valdez-Mann at mvaldez-mann@saehc.org or (916) 228-3138.



A volunteer event will be held on December 23rd from 3 p.m. to 5 p.m. at our Administrative office to wrap presents. Anyone interested please contact Natalie at: volunteer@saehc.org.

A gift or food basket helps one family this holiday season. A financial investment at SAEHC helps the 1,650 individuals that we serve all year long! Please help us guide these families on to the path to self-sufficiency.

Gift of Color- \$20 may provide the supplies to paint the walls of our shelters cheery, happy colors

Gift of Health- \$50 may provide fresh fruits and vegetables for the children and families in our shelters

Gift of Warmth- \$100 may provide blankets to keep our Women's Refuge clients warm

Gift of Fun- \$250 may provide a month's worth of activities for children escaping homelessness

Gift of Home- \$500 may provide furniture for a family starting a home of their own



[Donate online](#)

Visit our website for more details and updated information: www.saehc.org/holidaygiving.php

Success Story Update: Holly



Less than three years ago, Holly was a pregnant, homeless addict with minimal education and several outstanding warrants for her arrest. To change her life, Holly took full advantage of every resource available. She sought county-funded residential treatment for her addiction and utilized CPS services to re-unite with her newborn child. But Holly attributes her success to Sacramento Area Emergency Housing Center's Mather Community Campus.

Mather Community Campus (MCC) is a two-year employment focused transitional housing program for the homeless. To Holly, and other clients, MCC represents a chance at a new beginning. Every family shares three common goals: to have a job, a savings account, and a more permanent living situation when their two years are over. This translates into every resident, on differing schedules, working on similar tasks. Often this involves cleaning up credit reports, getting a drivers license, job training, education, seeking employment, and apartment hunting. The first several months at MCC are set aside for personal growth with classes focusing on basic finances, parenting, relapse prevention, interpersonal communication, mental health, and peer support groups. MCC incorporates career counseling into the program, encouraging its residents to pursue a certificate at Lemon Hill adult school before entering the work force. This offers MCC residents the opportunity to be trained, employed and ready to move by the time their two years are complete.

Holly chose to go a different path, after researching County jobs she decided to get an Associate's degree

from Sacramento City College. After being awarded an Associate's degree in Social Sciences, Holly decided to stay in school and transferred to CSU Sacramento. Last May Holly graduated from MCC and was well on her way towards graduation from CSU Sacramento.

Today, Holly is in the final stages of achieving her Bachelors degree and has applied for the Master's program at CSU Sacramento. She work for a small nonprofit in Oak Park, C.A.S.H.(Community Against Sexual Harm), which utilizes the harm reduction philosophy and provides a number of services (drop in center, community resources, HIV testing, and AOD referrals) to sex workers in the Oak Park area. She is one of six peer support/ outreach workers. Along with this, she is interning at Wellspring Women's Center, helping to give back to other women who are in a time of need.

This is something that we see so often with our clients. Once they have regained their lives, they are so passionate about giving back to others in the community. Whether they choose to become social workers, AOD counselors, youth development specialists, or even start their own nonprofit, they are paying forward the kindness that was given to them in their time of crisis.

Get Involved!

Pumpkin Cheesecake

by Gary Quiring, donor to SAEHC

Ingredients:

4 packages of cream cheese (8 oz.)
1 1/3 cup sugar
4 eggs
15 oz. canned pumpkin
1 tsp. cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves

Directions: Preheat oven to 350 degrees.

Prepare an 8" or 9" spring form pan with graham cracker crumb crust (do not pre-bake the crust). Mix cream cheese and sugar in mixer at low speed for about 1 minute. Add pumpkin, cinnamon, ginger, and cloves; mixing at low speed until well blended. While mixer is running, add eggs one at a time until well blended. Pour into pan. Bake for 70 minutes; then begin checking the pan about every 10 minutes. Cheesecake is done once the cake has cracks in it and the center is firm. Let cool for 30-45 minutes on counter, then refrigerate for at least 2 hours before serving. Yum!

December Donation Drive

For the month December, we will continue collecting blankets for all of our programs in anticipation of the cold months ahead. These blankets will help us keep the 500 individuals that we serve each night warm. In addition to blankets, our housing and shelter programs are in need of new twin sheet sets. Blankets in all sizes and twin sheet sets can be brought to our Administration office. Or if you would like to combine your holiday shopping with some holiday giving, the IKEA store in West Sacramento has generously agreed to collect blankets for us beginning November 17th and through December 7th. Keep an eye out for posters featuring our Mather Community Campus model Kayla!





Do you have a special seasonal recipe that you would like to share? E-mail your recipe to saehc@saehc.org. Pictures welcome!

We are making a special request for large crochet hooks and yarn for our knitting and crocheting classes at our Women's Refuge. The women are enjoying this opportunity to learn; making use of the supplies as quickly as we can provide them.



Volunteer of the Month: Amy King

Amy spends her days as a special education teacher for developmentally delayed 3-5 year old children. On Tuesday afternoons she volunteers with our children, using her skills to help our children who are escaping homelessness and coming out of turbulent situations. Amy is always going above and beyond as a volunteer for us. She is incredibly committed and dedicated and by bringing her professional knowledge to our program she has become a valuable asset. Every week, Amy comes in and provides an additional set of experienced eyes and a calming voice. The fact that she gives back so much at her full time job, but then still reaches out in her spare time to disadvantaged youth says everything about Amy. She is amazing!

Employee of the Month: Lisa Springs

Lisa is a true asset to the clients that she serves at SAEHC. She has a strong moral character and is a role model for our clients. She recently took over the case management duties at our Extended Shelter Program for women and has made sure that these women are on track and focused on their journey.

