



# In Our Community

Sacramento Area Emergency Housing Center

February 2009

## Looking to the Future

A message from Carolyn Brodt, Executive Director

As we begin the New Year it is usually a time of reflection in both our personal and professional lives. Thinking back over the past year, I am pleased with how much SAEHC has been able to accomplish. In 2008, SAEHC added a Safety-Net Program for Families, which brought our program total to twelve. This program provides the families leaving our Family Shelter and families from the community with rental or utilities assistance to insure that families are able to maintain their permanent, independent housing. Early in 2009, SAEHC will add a new program, the Omega Family Expansion. Staff has been in the process of identifying seven to eight families to begin the Omega Family Expansion, which will provide permanent supportive housing program for families with multiple and severe disabilities.



An ongoing priority of our agency is the creation of a program for homeless seniors. The Women's Refuge serves single women who are homeless. Since July 1, 2008, the Women's Refuge has served 37 women over the age of 50, which represents approximately 38 percent of the total women served by this program. Many times, the issues these clients face are very different than younger clients we serve through this program. Staff has recognized that a program is needed that is specially designed to meet the needs of clients over 50. Increasing our health education classes, which are focused on lifestyle, is another goal of mine. With a background in Public Health, these prevention and lifestyle programs are never far from my mind.

Staff has worked hard this year to completely revamp four of our sites with new paint, murals, furniture, and landscaping.



Family Shelter Before



Family Shelter After

## 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

- Dave Mowery, President
- Arnita Paige, Vice President
- Scott Peifer, Secretary
- Tami Boeck
- Christy Fletcher
- Matt Keasling
- Bill Knowlton
- Kim Koski
- Lynn Robie
- Andrew Ruggles
- Romeal Samuel
- Athena Thomas
- Jason Wagner

[View SAEHC's BBB Reliability Report](#)



SAEHC is a United Way certified partner. #3091

We also created a beautiful sitting garden for clients at our Family Shelter in the community garden that we run for our Oak Park neighborhood.

Later this year we hope to add raised planting beds so that our children services program can teach children about growing food and our kitchen can have some fresh produce to supplement the meals. Turning our sites into warm, homelike environments is an ongoing goal of our agency and we hope that you will help us to make this dream a reality. If you would like to get more involved with SAEHC this year, please do not hesitate to contact me at [cbrodt@saehc.org](mailto:cbrodt@saehc.org) or 916-454-2120 x305.



*Carolyn Brodt*

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.  
2411 Alhambra Boulevard,  
Suite 110  
Sacramento, CA 95817

Or donate [online!](#)

If you have questions regarding donations email us at [donations@saehc.org](mailto:donations@saehc.org) or call 916-454-2120 x302

## Board News

### Introducing Bill Knowlton!



I am both proud and honored to be able to serve on the Board of SAEHC. I am 49 years old and I have spent the last 25 years with so many blessings: a wonderful family, true friends, a successful career, and a relationship with

God. The first 24 years of my life were difficult ones, those years included a dysfunctional family upbringing, alcohol, drug abuse, and incarceration. When I was 24 years old, my life was changed when someone took an interest in me and saw something in me that up until that time no one else saw. It was that small window in time that changed the course of my life. I have learned so much since that day in 1984, I have learned to love, to be a father, to be a person who can be there for others. I am living proof that anything is possible. If you met me today, you would say here is a person who has the American dream with all the success that dream provides. In reality, I am a man who has been blessed by someone taking the time to set me on my path. I look forward to serving an agency that is providing hundreds of our local citizens this second chance every day.

-Bill Knowlton

### Change is in the Air and We Need Your Input!

We are pleased to announce that Sacramento Area Emergency Housing Center will be undergoing a rebranding process with a local organization, Lee Marketing and Advertising Group. Our Board of Directors led the effort of evaluating and selecting this firm and we are looking forward to the fruits of this partnership.

We will be kicking off the effort through the distribution of a survey to establish a baseline for further activities, particularly regarding our current name. This survey will be distributed via email, directing recipients to the web-based survey. We would like as many individuals to participate as we can, familiar and unfamiliar with our organization, so please feel free to forward the survey to your network. The survey will also be located on our website. For some of you, the participation may not end there, as we may be requesting the contribution of your thoughts in follow-up activities such as focus groups.

We would like to thank you in advance for your participation and encouragement as we embark on this adventure.

# Getting Back on Track: Marylou Perez

By Volunteer Pat McConahay

On the evening of September 13, 2007, 20-year-old Enrique Perez was riding home on his bicycle from his job at a local grocery store. When he stopped at an ATM to deposit his paycheck two people approached him and attempted to rob him. Enrique dropped his bike and ran, but he was shot in the back; eventually collapsing into a ditch and later dying in the hospital. The suspects threatened his mother, Marylou, sending the 39-year-old woman into a tailspin and back into a life she thought she had left behind.

"I just totally freaked out and became paranoid. I was already in shock over my son's death," exclaimed Marylou. "I started to use drugs again when someone offered them to me to make me feel better. I lost my job at the State and things went from bad to worse."

To escape the threats, the mother of three other children (two of them toddlers) and her fiancé had to stay with friends until they found out about Sacramento Area Emergency Housing Center's Family Shelter Program. The shelter provides short-term emergency housing and supportive services to 13 families with children in a 55-bed facility for up to 60 days. Marylou and her family have a private room, but go to a common area for three meals a day. While Marylou was reluctant to live in a shelter, she soon learned SAEHC offered so much more than a roof over her family's head.

"There are requirements, like working with a case manager, participating in alcohol and drug treatment programs as well as looking for work and permanent housing" described Marylou. She believes the program gives her the structure she needs to stay on a positive track. Thanks to SAEHC Marylou is once again working for the state and expects that she and her family will have their own place to live soon.

"I can't say enough good things about the staff here. This is way more than a job to them. They care about their clients. They were encouraging me when I didn't even believe in myself" said Marylou.

There is a motto on one of the shelter's walls, "Gratitude is my attitude." Marylou Perez says this guides her life today.

## Community Involvement



Thank you to Harvest Church, this month's Birthday Wishes sponsor!

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SAEHC was gifted with \$5,000 of unsolicited funds from the RCA Community Fund of the Sacramento Region

### February Donation Drive: Diapers

We try to provide our families with everything that they need during their stay, and that includes baby products. As you can imagine, we go through a lot of diapers at our sites. For the month of February, infant size diapers (2, 3, and 4) and wipes would be greatly appreciated. This will be one less item that we will need to purchase from our program budgets.



Community Foundation. The RCA Community Fund is an endowment that was established by RCA Information Services to support nonprofit purposes that improve the quality of life and education in the Sacramento region. Thank you!

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For the third year in a row, the management of the local Keystone Automotive on Striker Avenue have presented SAEHC with checks totalling \$1,349. Thank you Keystone for your ongoing support of Sacramento's homeless!

**January Update:** After the Sacramento Bee ran an article in the paper on January 29th about our need for linens, we received an outpouring of support. So many people saw the article and called to see how they could help. One of our donors summarized it best when she said "I have a job, I am one of the lucky ones, so I want to do what I can to help." Thank you to everyone who came forward and donated! We are truly, truly grateful.

## Volunteer of the Month: Lynn Halsted

Lynn has become one of our top volunteer in just one short month. After signing up to come to our Girls Night In event, Lynn decided to come that very weekend. Our Girls Night In events take place every Saturday and are a time for our women to relax and socialize with members of the community. After hearing at that event that the women needed new clothes, she put the call out at work and collected 15 bags of items for the ladies! Lynn has also reached out to local businesses, finding ways to collect even more. Lynn has now come in for three Girls Night In events, an SAEHC record. Not many people are willing to give up so many of their Saturday nights, but Lynn does it happily. She has become a great advocate for our women and a wonderful volunteer.

## Employee of the Month: Beiling Gonzalez

Beiling Gonzalez has hit the ground running as the new Youth Development Specialist for the Omega program. She has started a new monthly newsletter for the clients and completes all of her assignments within days. As a Youth Development Specialist, Beiling is responsible for case management of the children, 5-17 years of age, within the Omega program. She is a great new asset to our team!

