



In Our Community

Sacramento Area Emergency Housing Center

June 2009

Why I Do What I Do

A message from Carolyn Brodt, Executive Director

Often people ask me, why I do what I do for work; the idea of running a non-profit that provides services to homeless families is something they do not think about often. To some, I may say, "it's a calling" but that is an overly simple answer to a complex question and does not really answer why I love my work and the people I work with. When I started on May 25, 2004, I intellectually knew why I wanted to change professions and I was certain that I wanted to do meaningful work that made a difference in the world. Knowing something intellectually and knowing something that permeates your entire being are two very different things. Two days after I started with SAEHC, I had the pleasure of attending my first Mather Community Campus Graduation. That one experience defines why I am passionate about the work I do.



That Graduation in 2004 had a typical program of talks by elected officials, the County, graduates of the Family Site and Single Site, and an alumnus. I cannot remember the alumni speaker's name but his message will always be with me. When he approached the podium, he looked like a typical businessman in a three-piece suit, white shirt and tie, but his story touched my heart. He started by telling us that if we had met him before he entered the Mather Community Campus program, we would have crossed the street to get away from him. He had alienated all his family and friends by a series of poor choices. During his time at Mather, he addressed the issues that lead to his homelessness and took responsibility for his actions. He shared that he was currently the Assistant Manager for a Safeway store, he paid taxes, he owned a condo with help from Wells Fargo, and that he had reconciled with many of his family and friends. When I looked at this man, I realized he could be my brother, my father, or my son and that what he needed was a hand-up not a hand-out. I saw the potential this one person had and from that point forward, I knew from the inner part of my being that working for SAEHC was exactly what I wanted to do with my life; to make a difference one life at a time. I still do not know this man's name, but I often reflect on him and his journey from homelessness to homeowner. This one gentleman had the courage to be a voice for his success and to give credit to Mather Community Campus, a nationally recognized model program that contributed to his success. To this one man, I owe gratitude for his example of honesty, bravery, and resiliency because he

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

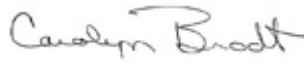
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[View SAEHC's BBB Reliability Report](#)



SAEHC is a United Way certified partner. #3091

helped to define who the homeless are and how each of us can make a difference.



We want you, our supporter, to understand why our staff are so passionate about the work that we do. Every month a staff member will share their story of what motivates their passion for SAEHC.

Do you have a story to tell? Become a fan of SAEHC on [Facebook](#) and share it with other agency supporters.

Network with SAEHC

SAEHC is now on Facebook and Twitter! Please sign up to receive agency updates, event announcements, and opportunities to get involved in real time.



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 or call 916-454-2120 x302

Agency News and Updates

Oak Park Community Garden Project

By Devon Good, Director of Community Partnerships

SAEHC is working to create raised planting beds in our section of the Oak Park Community Garden that we manage on Parker Avenue. The garden is attached to our Family Shelter, allowing us to create an innovative program where the garden will be tended to by the children and the food grown will help us create fresh, healthy meals for the families.

There are three ways that you can help:

- **Donate Supplies or Funds:** Do you know someone who may be interested in donating lumber, soil, or irrigation supplies? Please do not hesitate to contact them on our behalf or to pass their contact information on to us. Would you like to make a financial contribution to fund this worthwhile project? Donations can be made online at www.saehc.org/donations.php or mailed to 2411 Alhambra Boulevard, Suite 110, Sacramento, CA 95817.
- **Volunteer to Create the Garden:** One-time volunteers are needed to build the planter boxes, work on the irrigation system, and fill in the soil. If this sounds like the right project for you or your group, please contact us with the days and times that you are available during the month of June.
- **Volunteer to be a Garden Mentor to the Children:** We are looking for a regular volunteer

to come in once a week to take the children into the garden to help them weed and collect produce. This will be a chance for you to share your knowledge about gardening with the children and create the next generation of urban farmers! If this is something that you would like to do, please contact us to complete our volunteer application.



If you are interested in volunteering, contact us at volunteer@saehc.org or 916-454-2120 x302. Thank you for your continued support.

The Dream Mile Run/Walk 2009

Not in possession of a green thumb; still want to get involved with SAEHC? Participate in The Dream Mile Run/Walk 2009. Vibha, a 501(c)3 founded in 1991, is dedicated to ensuring that every underprivileged child has access to education, health, and opportunity in the United States and India. SAEHC has been asked to partner with them for their 2nd Annual 5K/10K. 10% of the proceeds from the run will go to benefit SAEHC's Children's Services Program.

The event is being held on Saturday, August 29th, at Parkway Trail in Folsom. Please [click here](#) for more information and to register.

Giving Back: Ricky Hendrickson

By Volunteer Pat McConahay

It was the first real home Ricky Hendrickson had ever known. Ricky, now 26, came to the Family Shelter program in 2001 when he was 18-years-old. Until that day his life had been adrift, moving from place to place with his younger sister and their drug-addicted parents. "Growing up I couldn't enjoy school, especially high school, and all of the things it had to offer because our lives were so unstable," Ricky described. Tragically, while his family was staying in a rehabilitation shelter in San Jose so that his parents could get off of drugs, his mother suddenly passed away. When his dad completed the program, he moved his children and an aunt to Sacramento where the cost of living was cheaper. Ricky explained how "a friend told us about the shelter and we were lucky a room for four was available."

The shelter and its many supportive programs helped the Hendrickson family chart a new and positive course. According to Ricky, they took full advantage of all it had to offer, including various support groups and medical services. Within sixty days the family was able to rent a house of their own. "The program works only if you're willing to work and take advantage of all of the resources" he said. By observing and talking with the staff Ricky discovered what he wanted to do in life. He is currently attending classes at Consumnes River College in hopes of one day becoming a drug and alcohol counselor or someone who works with the homeless. "I love school; it's given me so much. When I got my first 'B' I told myself I can do this."

In addition to attending college, Ricky and his father work at Wal-Mart, where they have been able to get the store to make donations to the shelter. Speaking of the shelter, he works there too! "I love my job managing the front desk at night. I get supplies for the residents and help to keep the place safe and secure," Ricky said with excitement. His sister, now 15, is also doing well as an A and B student in high school.

"I feel that we're finally a strong family thanks to the shelter program. It really saved our lives!"

Community Involvement

Thank You!

Easter: The Easter Bunny came to the Family Shelter this year courtesy of Shut Up and Ride, MC. Easter Baskets for the children were delivered Easter Sunday and the shelter staff made a holiday meal to celebrate.



Mather Community Campus partnered with the Rancho Cordova Parks & Recreation Department by volunteering to assemble over 400 Easter eggs for the annual Easter Egg Hunt at Hagen Community Park. Over the span of a week, campus students gathered in the MCC Recreation Room working diligently to stuff candy inside of plastic Easter eggs. The collective hard work and dedication paid off as 4 large boxes of candy filled Easter eggs were hunted for on April 11, 2009.

June Donation Drive: Community Garden Supplies

This month we would love supplies for our Community Garden: wood, soil, irrigation pipes, tomato plants, pepper plants, etc. While you are at the store picking up supplies for your garden, why not add an extra bag of mulch to help teach disadvantaged children about gardening while improving the nutrition of homeless families. Or better yet- get a gift card in any amount!



Thank You! (continued)

Mother's Day: Mother's Day did not go uncelebrated at our Family Shelter and Women's Refuge. The Friday before, employees from Deloitte helped facilitate a Family Fun Friday to make Mother's Day gifts. Photos were taken of the families and children and frames were decorated to hold the new memento. On Sunday, goodie bags from Bath and Body Works in Folsom were handed out full of lotions, body washes, and hand sanitizers. Thank you our volunteer Lynn Halsted for nominating SAEHC to be this year's recipient of Bath and Body Works generosity.





Earth Day: The youth group from the Lutheran Church of the Resurrection helped our Family Shelter celebrate Earth Day by tie dying t-shirts and making Earth Cookies (sugar cookies decorated with blue and green frosting).



Birthday Wishes: In April, Umpqua Bank hosted a fabulous Hannah Montana themed birthday party for Breanna, Age 11, complete with a piñata. Good Day Sacramento documented the event and the video can be viewed [here](#).

In May, AT&T Pioneers hosted a Cars themed birthday party for Raymond and Daniel, who both turned 4. The party included pizza, face painting, and a piñata (always a hit.)

If your work group, church, or family would like to get involved with the Birthday Wishes program, please contact the Volunteer Center of Sacramento at 916-567-3100.

Have some free time or a special skill you would like to share? Do you, your family, or group you belong to want to give back to your community?

Click [here](#) to see what volunteer opportunities we have available.

Volunteer of the Month: Ariel



Ariel has been coming in twice a week (sometimes even more!) since early March to help out in our Children's Services program at the Family Shelter. Ariel mans the 3 to 5 pm time slot that we refer to as "Homework Club." She tutors the children and helps them with any assignments that they have for school. Miss Christine, who runs our Children's Services program, says that she is a genius when it comes to math homework. Ariel is headed home for the summer and we will miss her very much. We cannot wait until she comes back to help out again in the Fall.

Employee of the Month: Rochelle Rountree

Since taking over the position of Lead Support Staff at the Family Shelter last summer, Rochelle has made many improvements to the efficiency and appearance of the office. Rochelle is very detail oriented, which is very important since the main function of a Lead Support Staff is to make sure that all documentation for the program is in order (no small feat).

