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### SAEHC in the News

[Sacramento County Department of Human Assistance Funds Winter Shelter for Homeless](#)  
(Sacramento Press)

[Local Homeless Initiative Launches Fundraising Campaign for Winter Shelter](#)  
(Sacramento Press)

### Dear Friend,

We appreciate your taking the time to read about our recent program activities, recognition of our community partners, and ways for you to get involved with SAEHC. If you would like more information on the features below or would like more frequent updates, please visit our website ([www.saehc.org](http://www.saehc.org)), become our fan on Facebook or follow our activities on Twitter.

### What's Cooking in the Kitchen?

#### A Look at the Family Shelter Meal Program



What could you serve your family with less than \$0.87 per day per person??? Chef Ken Whitall cooks up some magic at the Family Shelter, ensuring each resident has three nutritious meals per day, with, you guessed it, a budget of less than \$0.87 per day for each client! How does he do it? With donations from FoodLink, Senior Gleaners and supporters like you.

Chef Ken is Serve-Safe and HACCP certified and maintains a nutrition program that meets or exceeds government standards for Healthy Meals, Healthy Children. One of his goals is to educate each parent on nutrition and impact the entire family to improve their overall health and well-being. This can be a challenge, with only 30 days to change life-long habits! He ensures that healthy and nutritious snacks are available between meals, emphasizing fresh fruit and snacks with less than 100 calories. In addition to ensuring meals for each Family Shelter resident, Chef Ken also helps with providing food for four other programs: Women's Refuge, Wilma's Place, Winter Shelter, Omega Project, and intermittently to the Motel Voucher program.



How can you help? Donations of fresh fruit and vegetables are most needed, as these are rarely included in the allotments received from FoodLink and Senior Gleaners. Here are a

DHA to provide winter housing for homeless  
(Sacramento Today)

Sac Foodies enjoy After Hours 2010

Sacramento Area Emergency Housing Center - A Place To Call Home When You Need It

## Keeping Families Together

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

## Board of Directors

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few ideas about ways that you can involve your friends, family and the community to help families in need:

- Each month, plan on purchasing a few extra vegetables at the market and donate them to the shelter.
- This spring, as you are planting your garden for your family, plant a few extra rows for the Family Shelter.
- Ask your favorite produce stand to consider donating left-over produce to help families in need.
- Donate online at [www.saehc.org](http://www.saehc.org) and designate your donation to the purchase of fresh fruits or vegetables for the shelter.

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## "A Home Full of Love and Happiness"

### A letter from a client

Sometimes we need to stop and reflect on our programs from the perspective of the clients we serve. This letter was written by a client who came through the Family Shelter several years ago, but her poignant words are echoed by the clients that come through our doors today.

*"Hello, my name is Melody. I am a single mother of three daughters. In December, I moved back to Sacramento with the hope of getting a job with the company I worked for in L.A. Unfortunately, it never worked out. I became homeless, living out of my car, driving around aimlessly not knowing what to tell my children.*

*I have three wonderful daughters. My oldest daughter is Joselyn. She is 15. She has been my anchor in time of need. She braids hair for extra money, and she helps with gas and any extra we might need - without argument. My second daughter is Chanel. she is very sensitive and when we became homeless she was very sad. But now she has adjusted. She keeps me focused and encourages me to look for work and an apartment. Angelique is my youngest daughter and she is my cheerleader. She cheers for a local sports team and also plays the violin. Even though we have been living here and there, it has not affected her school studies. She is an exceptional student.*

*My goal is to provide my girls with a safe and healthy environment, and I am working very hard towards that. I continue to look for employment and housing. If I had a desire for anything, it would be a home full of love and happiness."*

After all, isn't that what we all want for our families? "A home full of love and happiness." Your continued support helps make this a reality for the families we serve. Many thanks for all of the help you have given! To find out more about our agency and the different ways you can be involved, please visit our website at [www.saehc.org](http://www.saehc.org).

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## Growing Goodness at the Family Shelter

## Volunteer garden boxes benefit SAEHC



Last year, Sacramento Area Emergency Housing Center was proud to announce the completion of three garden boxes at the Family Shelter. Volunteers from CGI worked hard to create this needed area to help supplement the kitchen.

Now, thanks to the efforts of another amazing volunteer, Carol, the boxes are full of tasty and nutritious winter vegetables! She has planted broccoli, lettuce, cabbage and more. Carol comes out to the Family Shelter every week to work in the garden boxes and in the Serenity Garden. She would love your help! If you enjoy gardening, consider joining our team of volunteer gardeners. Is composting your thing? Come out and build a compost bin to create rich soil for the garden areas. The Serenity Garden needs the addition of some beautiful water-wise perennial plants, and the garden boxes will soon need to be replanted with spring vegetables. Consider making a donation of plants or asking your local nursery to help!

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## Office Supplies Needed

**An easy way you can be involved at the Family Shelter**



Each month, the Family Shelter uses more than 5,000 pieces of paper. Due to regulations that require a hard paper copy of client intake forms and files, there is simply no way to reduce the amount of paper used. This results in a cost to the agency of between \$60-100 per month, and that's just for paper at the Family Shelter! Consider all of the other programs at SAEHC and that amount multiplies quickly! That's money that

could be spent on client services, helping to change people's lives.

You can help by hosting a paper and office supply drive! Simply encourage your family, friends, office, church or school to donate reams of paper, pens, pencils, staples, staplers, tape, and tape dispensers. Your donations will gladly be accepted Monday - Friday at 2411 Alhambra Blvd. #110, Sacramento, CA 95817. Or you can donate online at [www.saehc.org](http://www.saehc.org).

Thank you for your support!

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## Announcements

## Upcoming Events at SAEHC

Save the Dates! Mark your calendars for these upcoming events and opportunities:

- The Grand Opening and Ribbon Cutting for the Chic for Change thrift store, community center and coffee shop will be held on Friday, April 8<sup>th</sup> starting at 3:30 in the afternoon. The address is 2633 El Camino Ave, Sacramento, CA. Please show your support by attending, and feel free to invite as many friends and colleagues as possible. This is a great opportunity to help launch this new and exciting enterprise and to gather together for a fun afternoon. Please visit [www.chicforchange.com](http://www.chicforchange.com) for more information and upcoming events.
- National Volunteer Week is April 10<sup>th</sup> - 16<sup>th</sup>. This year, SAEHC will be hosting our first annual Volunteer Appreciation Event at William Land Park on Saturday, April 16<sup>th</sup>. This will be a fun event to honor the many contributions our volunteers make to the agency and the difference they make in the lives of the people that we serve. **Sponsorship opportunities are available!** If you or your company would like to help sponsor this event, please contact Janice Wagaman, Community Partnerships Coordinator, at [jwagaman@saehc.org](mailto:jwagaman@saehc.org).



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## Wanted: Volunteer Coffee Baristas! Help serve up some love at Chic for Change



As featured last month, SAEHC has partnered with a local thrift boutique, Chic for Change. We have the opportunity to run the coffee corner of the boutique, and all proceeds will go directly to programs at SAEHC. But we need help!

Volunteers are needed to operate the coffee corner Tuesday - Sunday.

If you, or someone you know, are interested in serving up some mochas, lattes and love to help homeless families, please contact Janice Wagaman, Community Partnerships Coordinator, at 916-454-2120 x302 or [jwagaman@saehc.org](mailto:jwagaman@saehc.org). We are also looking for one amazing person to help coordinate this program!

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## Community Partnerships Corner The many ways our community supports SAEHC

Each month, community partners like you find ways to help those who need it most. The programs at SAEHC depend on

support from individuals, clubs & organizations in the community to continue to provide the services and care that change lives. There are many ways to get involved - here's what a few of our friends have done this month.

- Family Fun Fridays: Many thanks to **Reality Church** and **Deloitte Consulting** for hosting a Family Fun Friday event at the Family Shelter.
- **Sacramento County** made a large donation of children's items to Mather Community Campus.
- **The Volunteer Center of Sacramento** hosted Birthday MAGIC parties at Mather Community Campus and the Family Shelter, thanks to the support of some great volunteers!
- Girls Night In at the Women's Refuge provided fun and relaxation for the women residents thanks to some amazing volunteers: **Gabriella, Charleen,** and the **Zonta Club of Greater Sacramento!**

There are many different ways to support the programs at SAEHC. Be creative, get involved and next month your efforts might be featured here!

For more information on program needs and how you can be involved, please contact Janice Wagaman, Community Partnerships Coordinator at [jwagaman@saehc.org](mailto:jwagaman@saehc.org).

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## Employees of the Month

### March: Spring Ackerman & Zachary Anderson, Mather Community Campus

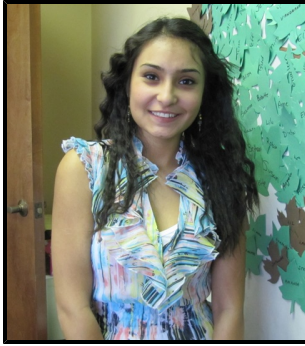


Congratulations to Zachary Anderson, MCC Youth Development Specialist II and Spring Ackerman, MCC Case Manager! This dynamic duo has proven time and time again to be SAEHC stars by being Supportive, having a positive Attitude, being Enthusiastic, Helpful and Consistent. They have worked collectively to wrap services around one family with special needs at Mather Community Campus during the month of February. Spring and Zach have made a quality professional investment in securing the safety, well-being and overall health of this family; sacrificing time, energy and heart. Their team work, professional conduct, attitude and compassion in this very sensitive situation sets a high bar for others to emulate. Please join us in congratulating Spring and Zach on a job well done!

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## Volunteer Spotlight

### Gabriella Pasion-Cordoba



Gabriella is an amazing young volunteer with SAEHC! A senior in high school, she has taken an active role with the Women's Refuge "Girls Night In" program. Many local youth volunteer to work with children in our agency, however, most are intimidated to work with the homeless women residing at the Refuge. Not so for Gabriella! She has stepped up to provide Girls Night

In events twice in February, and has signed up for another event in March. In addition to her work at the Women's Refuge, Gabriella has become an active volunteer at the administrative office, helping the Community Partnerships team.

Gabriella has this to say about volunteering with SAEHC: "It's difficult to sum up in a few words what my volunteer experience here has been. It has been life changing, putting things in perspective for me. My outlook on life is now different - I have learned what is really important in life." Thank you Gabriella, for all of your hard work!

Each of our volunteers are amazing individuals who give generously of their time to help make their community better. If you would like more information on how to be involved with our Volunteer Program, please contact Janice Wagaman, Community Partnerships Coordinator, at 916-454-2120 x302 or [jwagaman@saehc.org](mailto:jwagaman@saehc.org).

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