



# Housing News

Sacramento Area Emergency Housing Center

November 2008

## Make a Difference This Holiday Season

A message from the Executive Director, Carolyn Brodt

Before coming to SAEHC I worked in managed health care, and as everyone in the private sector knows, holiday work parties are a tradition. Since working for SAEHC, I have seen many local corporations find innovative ways to make these parties more of an expression of the season. Some organizations have created raffles with tickets given for every donated gift. For your holiday party, why not donate a toy for a homeless child, or better yet, give that gift you were planning on giving your coworker to an adult client who are often overlooked during the holidays. A tie, watch, or book would mean so much to the parents in our programs. Another great idea is to have a simple fund drive for soups and salads or wearing jeans of Friday with your employer matching the amount raised with the money being donated to buy presents for those children who do not get adopted.



For groups that would like to give back in a more hands on way, employee groups have found that our Family Fun Fridays are the perfect opportunity. Groups plan a fun event full of games, prizes, and snacks for the 13 families in our Family Shelter and get to throw the party on a Friday from 3 to 5 p.m. During those two hours, your group will find inspiration from their service to the community while enjoying an afternoon of fun and bonding.

These opportunities are not limited to businesses, families and individuals are more than welcome. I will never forget the wonderful woman, a couple of years ago, who threw a party for all of her friends and said "we already have too much stuff, let's buy presents for women who are homeless instead." Everyone was so excited by the idea they were able to put together amazing presents for every woman in our Women's Refuge. It is stories like this that inspire me every Holiday season and I hope that they will inspire you too.

## 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 6 p.m. and Fridays

## Strengthening Families Program

SAEHC's Strengthening Families program is an eight-week program designed to prevent youth substance abuse, strengthen parenting skills, and encourage family bonding. The goals of the program include helping parents learn nurturing skill that support their children and to give youth an increased appreciation of their parents.

At the start of the class, the youth and parents have a family dinner together. After dinner the youth and parents meet in separate groups for the second hour and then come together as a family during the third hour to practice skills, play games, and do family projects.

The Strengthening Families program received initial grant funding from Sutter Medical Center, Sacramento. The pilot was so successful with the youth, their parents, and the staff, that we sought and obtained ongoing support for the program through the Sacramento County of Health and Human Services, Alcohol and Other Drug Division.

from 8 a.m. to 5 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

### Monthly Agency Supporter Seasonal Recipe

#### Louisiana Cornbread Stuffing

by Julie Guyette, donor to SAEHC

##### *Ingredients:*

3 cloves of garlic  
1 onion  
1 bunch of green onions  
1 cup chopped celery  
1/2 lb of butter  
1 lb hot sausage, cooked  
1 pan of cornbread (13"x9"),  
cooked and cooled  
Water and broth to soften  
Salt and Pepper to taste  
3/4 cup chopped parsley  
1/2 lb. chopped pecans

*Directions:* Sauté the garlic, onion, green onions and celery in butter. Crumble cornbread in large bowl, add sautéed vegetables, cooked sausage, pecans and parsley. Moisten with water and/or broth. Add salt and pepper to taste. Put in large casserole dish and bake at 350 degrees for approximately 45 minutes or until heated through. This recipe can be easily adapted for vegetarians with a sausage substitute or more pecans. Yum!

### Get Involved!

#### November Donation Drive

For the months of November and December, we will be 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. This item is so important, we are giving it two full months! Blankets in all sizes 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 17<sup>th</sup> and through December 7<sup>th</sup>. Keep an eye out for posters featuring our Mather Community Campus model Kayla!



During the month of October, we collected hygiene packets for our CPS Home Finding Program. After our last newsletter, we received a huge response from the community. Thank you to everyone who donated! We also formed a new partnership



Do you have a special seasonal recipe that you would like to share? E-mail your recipe to [sahc@sahc.org](mailto:sahc@sahc.org). Pictures welcome!

with Orchid Suites in Roseville ([www.orchidsuitesroseville.com](http://www.orchidsuitesroseville.com)) who have agreed to donate a large amount of toiletry items to us every month. This will allow us to provide our families with the supplies they need to start their new life. We are excited to have such a wonderful community partner taking care of these must have item for us each month.

## Volunteer of the Month: Ann Staddan



On Wednesdays, after Ann gets off from her full-time job with the Roseville Police Department she picks up Stephanie, the foster youth that she mentors, and drives deep into the heart of Oak Park to give back and make a difference. Ann and Stephanie go above and beyond with the children at our Family Shelter. They never fail to come in with a fun project to keep them entertained. A recent project involved making homemade ice cream in the classroom for everyone to enjoy. When not volunteering with us, Ann helps the director of the Casey Family Program move furniture into the homes of emancipated foster youth. She gives so much of her time helping less fortunate children; children without homes and children without parents. Ann is an excellent role model and an amazing volunteer!

## Muralists

What began as an idea to do a mural at one of our program sites quickly spread to six muralists beautifying four of our program sites. The response from clients and staff has been phenomenal as we continue to turn our sites into beautiful, bright, happy spaces. So without further ado, let me introduce you to the amazing muralists (in chronological order) who have made our dreams a reality:

Lisa Spurney has become the resident muralist at Mather Community Campus, an advocate for the homeless, Lisa has been happy to take on two large projects for MCC Children Services including a large jungle mural in the infant/toddler room and a unifying world mural in the waiting room.



Niki Gamboa ([www.nikiart.net](http://www.nikiart.net)) spruced up the freshly painted walls (courtesy of the CHP cadets) in the day room of our Family Shelter with two beautiful murals. The day room is the place that clients can go to

socialize and relax outside of their rooms. It has also become the place where children do homework in the evenings after our Children Services room has closed. We have wanted to have a muralist decorate this area for a long time, and Niki generously agreed to donate her services. While she was working she drew quite a crowd of interested children and she ended the day by becoming a volunteer face painter for the happy children.



Looking for a philanthropy project this year, the River City Stencilers, a group of local muralists, faux finishers, and stencilers, banded together to create a beautiful forest mural for us. The mural took them over four monthly meetings to complete with everyone working together to create this masterpiece. Originally the plan was to hang it in our Family Shelter dining room, but after seeing the mural we knew that it had to go to our Women's Refuge. The mural is so beautiful and peaceful; it creates the perfect atmosphere for our ladies.



When looking for the centerpiece of our Family Shelter, we turned to Andrea Murphy. She was able to create a welcoming mural for the front of our building. The first thing that you see when you walk on site, this colorful artwork is the highlight of our shelter.



With the Family Shelter dining room still needing that homey touch, we put out the call and it was

answered by Kelli Winfree an accomplished muralist and owner of Anytime Painting ([www.anytimepainting.net](http://www.anytimepainting.net)). We envisioned a happy, woodland mural and Kelli did not disappoint. Her mural includes a gorgeous tree, blue birds, butterflies, and frolicking squirrels. Now our Family Shelter is complete with a forest theme that will give our shelter the feel of a summer camp all year long.



Stella Calles-Norris is volunteering her skills to give a beautifying touch to our CPS Home Finding Program Group Home. This facility has a children's services area that has always been mistaken for an additional living room and is in need of becoming more kid friendly. The house is full of artwork depicting seascapes and fish, so we thought that it was only fitting to continue this in the children's services area. A group of AmeriCorps volunteers painted the room a lovely blue and Stella is working to create a picture perfect interpretation of our dream seascapes mural. Check our website next week for photos of the completed project!

## Recent Events!

### Active 20-30 Club Shopping Sprees

The Active 20-30 Club ([www.active20-30.com](http://www.active20-30.com)) of Sacramento has been a very important part in the lives of the youth at Mather Community Campus. Twice a year, they treat the youth, ages 5-18, to a shopping spree. In the summer, the youth shop for back to school clothes and receive backpacks. In the winter, they shop for warm clothes and receive gifts from Santa. These days begin at 6:00 a.m. with 65 youth accompanied by the MCC Children's Services staff arriving at the Rancho Cordova Mervyn's store. They are greeted by the Active 20-30 club members and served breakfast. Each youth is then paired up with a club member/personal shopper and a \$100 Mervyn's gift card. Free haircuts are offered onsite to complete the looks. The event ends with a morning of bowling and skating.

### 2<sup>nd</sup> Annual MCC Fashion Show

On October 24<sup>th</sup>, Mather Community Campus (MCC) held its second annual fashion show featuring client models. As the event came to a close, there was not a dry eye in the house as attendees witnessed the amazing transformation of the clients into beautiful, self-confident models. Staff purchased the clothes for the fashion show after holding fundraisers like car washes and hot dog sales. The goal of the fashion show is to help promote self-esteem. The men and women at MCC are working hard to improve themselves on the inside and this event helps them to improve how they look and feel on the outside. By providing new clothes and showing them how to maintain their appearance, we are hoping that their self-confidence will help them on their path to inner self-improvement. As a special treat, clients get to keep the clothes that they model, which provide them with business attire for interview sessions and clothes for school and prom. This



event has been such a success, that we plan to move our 3<sup>rd</sup> Annual event to a larger venue and invite members of the community. So we hope that you will be able to join us next year as we celebrate the clients of MCC.

### Groups Give Back and Get Dirty in October

On October 10<sup>th</sup>, Capital Christian School sent their junior high and high school students out into the community to perform a day of service. At SAEHC, this included painting the living room of our Women's Shelter and gardening at our Family Shelter. We had 25 enthusiastic middle school students eager to get their hands dirty and help out for a cause. Most said that this was their first experience with community service and that they enjoyed the feeling of giving back. Capital Christian School and SAEHC both hope that this will be just the start of a long life full of volunteering.



On October 22<sup>nd</sup>, ten employees from SAP painted our Women's Shelter bathroom and case management office and put the finishing touches on our community garden by weeding, laying weed blocker, and spreading mulch. These were all last minute projects coordinated after the group's volunteer opportunity at another organization was cancelled. We felt lucky to have them and kept them busy with our list of many projects.



On October 24<sup>th</sup>, employees from Wirestone Marketing hosted Family Fun Friday at our Family Shelter. As a marketing company, they were focused on creativity and let our families express themselves with a cookie-decorating bar. There were fresh baked ghost, pumpkin, cat, and bat cookies donated from Ettore's Bakery and multiple options of frostings and sprinkles. Outside there were t-shirts, stencils, and spray paint and, with the assistance of two very dedicated graphic artists, our clients were able to create

awesome Halloween t-shirts. At the end of the event a raffle was held and everyone walked away a winner. This was the first time that we had an employee group host a Family Fun Friday, but it definitely will not be the last. This group approached the activity with so much creativity and thoughtfulness; it will truly be a day that the families will never forget!



## Employee of the Month: Rachael Marzett

Rachael came to SAEHC as a temporary replacement for our Executive Assistant, Natalie Kuffel, who was out on maternity leave. But we quickly discovered that she was just too good to let go and kept her working for the agency after Natalie returned. Rachael has become an invaluable member of our team, helping SAEHC move into the 21st Century by updating our website ([www.saehc.org](http://www.saehc.org)) to include more information and more functions and creating this e-newsletter that you are reading right now!

