



# Housing News

Sacramento Area Emergency Housing Center

October 2008

## What an Incredible Month!

A message from the Executive Director, Carolyn Brodt

On September 12<sup>th</sup>, we held our 16<sup>th</sup> Annual Fairytale Town After Hours event. This year's event had an incredible array of delicious food and beverages from over 40 local restaurants and beverage providers. Thanks to the generosity of our supporters we raised over \$50,000 through sponsorships, ticket sales, and a silent auction. For more information please visit our website:

[www.saehc.org/fttah.php](http://www.saehc.org/fttah.php).



At the event we publicized two very special projects that are near to our hearts. The first project involves SAEHC's Family Shelter which has been serving homeless families with children for over 38 years. In an effort to expand our services we are updating and expanding this vital facility. The agency plans to completely rebuild the shelter in four phases each designed so that no families will be displaced during the process. The completed shelter will serve 19 families at a time, almost a 50% increase! Please visit our website to [view the plans](#), get more detailed, and find out how you can help.

The second project involves SAEHC's Mather Community Campus (MCC) program. The program staff have a dream for the children that they serve, a multi-purpose sports court. The sports court could provide games of basketball, tennis, and even volleyball for the approximately 100 children who reside with their families at MCC. Anyone who had the opportunity to play sports as a child knows how beneficial it can be for children both physically and emotionally. Please visit our website to get [more details](#) and find out how you can help.

Renovating our Family Shelter is not the only way we are working to expand our programs and help more families and individuals. Recently, in partnership with St. John's Shelter for Women and Children, Lutheran Social Services, and Sacramento Mutual Housing Association, we were chosen as an applicant to compete regionally for a new demonstration program, Rapid Re-Housing Demonstration Program for Families, through the Department of Housing and Urban Development (HUD). Our program, On Our Way, could be awarded the grant amount of \$1,259,433 over three years to provide families with transitional housing services, housing assistance, and other supportive services. On Our Way would rapidly re-house 54 families experiencing short term, moderate barriers to sustainable stable housing with the goal of moving the families to permanent housing within 3-15 months. According to

## 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 from 8 a.m. to 5 p.m.  
2411 Alhambra Boulevard,  
Suite 110

HomeBase, the purpose of HUD's Demonstration Project is to "learn more about how to best serve families who are homeless and to contribute to the research that has already been done in this area." We are anxiously awaiting the results of the application which are scheduled to be released in December of this year.

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

## Volunteer of the Month: Amy Cook



Since June, Amy Cook has been spending her Saturdays teaching the ladies at our Women's Refuge how to knit and crochet. Amy was initially hesitant to teach the classes alone because she is hearing impaired. She wears hearing aids and while she is fine with one on one interaction, large groups can pose problems. With the help of Danielle El-Murr, a local high school teacher, Amy was able to get the new program off the ground. Together they worked through the many kinks of starting a new project such as finding the right day and time and accumulating the appropriate supplies. By the end of the summer, the ladies and their instructors had developed a wonderful routine. The ladies looked forward to the classes and there were knitting projects strewn around the house. Conversations about "dropped stitches" and "casting on" could be heard regularly. When Danielle could no longer assist with the classes at the end of the summer, Amy took over and has been teaching them solo ever since.

These weekly classes would not be possible without Amy's hard work keeping the ladies on track and help them through their frustrations. The ladies at the Women's Refuge have gotten used to giving up on themselves and questioning their abilities and often get angry when they don't pick up the skills quickly enough. Amy is there to help them through this early frustration and show them that they are making progress in creating something new. The ladies are learning about more than just knitting, they are learning about themselves and what they are capable of. Tami Dow, Lead Support Staff at the Women's Refuge, says about the classes "All of the ladies really enjoy it. They feel really good about themselves when they get stuff done [on their knitting] and they come in and show it to me."

The classes are held Saturdays from 3-5 pm. We would love to have more instructors to give the women individual attention and are always in need of yarn and needles. If you are interested in lending a hand contact Natalie Kuffel at [nkuffel@saehc.org](mailto:nkuffel@saehc.org) or 454-2120 x302.

## Get Involved!

### Vote Nationally, Act Locally

On October 11th, stop by [Bricka Bracka](#) (2114 P Street) to find out how you can make a difference in your community. Come early, before the Second Saturday galleries open, and enjoy a bar-b-que meal for only \$5 from 3 p.m. to 5 p.m. All food sales proceeds will benefit Rock the Vote and SAEHC. Stay for [Second Saturday](#), 5p.m. to 7 p.m., to enjoy live music and view local art. This is a nonpartisan event open to all. Stop by, bring a friend, and change a life!

October Donation Drive:  
"Welcome Packets"

Healthy Bodies, Healthy Minds

So what is a welcome packet? It is simply a re-sealable bag or toiletry case filled with items like a toothbrush, tooth paste, hand sanitizer, conditioner, shampoo, soap or body wash, deodorant, razors, feminine hygiene supplies, and body spray. These packets are our way of saying "here is one less thing that you need to worry about." For the month of October, we are asking the community to create these vital packets. If you don't have the time to make a complete welcome packet, but still want to help, donations of any of these items (new and unopened only) are greatly appreciated. We are also in need of 5 shower caddies that the clients can use to transport the items back and forth from the bathroom to their room.

These packets are given to the families in our CPS Home Finding program. This program houses recently reunited families who often do not have the resources to purchase these items so soon after reunification. We hope that you will be able to help us to provide these necessary items.



Donations are tax deductible and can be brought to 2411 Alhambra Boulevard, Suite 110, 95817 between the hours of 8:00 am and 5:30 pm.

At SAEHC we believe in a holistic approach to breaking the cycle of homelessness. That is why we started the Healthy Bodies, Healthy Minds program at our Women's Refuge. This program



incorporates stress relief activities like yoga and knitting classes with nutrition focused cooking classes. We have been working hard these last few months to put this program into place. We have found a wonderful volunteer, Korrie Hicks ([www.mealsforlifecoach.com](http://www.mealsforlifecoach.com)), who is willing to donate her time to teach bi-weekly cooking classes. We received a grant from the Sacramento Natural Foods Co-op to purchase supplies and utensils like rice cookers, crock pots, and nonstick skillet. We received donated mats from Shanti and Zuda Yoga studios and are in the process of creating regular classes with Rise Yoga Studio and It's All Yoga. Through a grant from Soroptimist International, we were able to create a library for the women full of inspirational and educational literature. Our knitting classes are now meeting every Saturday thanks to Volunteer of the Month, Amy Cook, and all of the great donors that have come forward with yarn and needles. There are still ways that you can help this revolutionary program! We are in need of ingredients for our cooking classes. If you have a garden that is overflowing with fresh produce, or if you would like to make a financial donation so that healthy ingredients can be purchased, please contact Natalie at [nkuffel@saehc.org](mailto:nkuffel@saehc.org) or 916-454-2120 x302.

## Family Fun Fridays Gets a Boost

Family Fun Fridays, a weekly event at our Family Shelter, will be better than ever thanks to a \$2,500 grant from the *Book of Dreams* of the Sacramento Region Community Foundation. Family Fun Fridays promote the tradition of bonding and family unity. Through the coordination of volunteers and staff our clients learn the importance and benefit of spending quality family time together. The grant will provide supplies for the event including new games, snacks, and prizes to encourage positive parent, child, and sibling interaction. If you would like to help coordinate a Family Fun Friday with your family or company please contact Natalie Kuffel at [nkuffel@saehc.org](mailto:nkuffel@saehc.org) or 454-2120 x302.

## 2008 Employees of the Month

The work that we do at SAEHC would not be possible without our wonderful staff who constantly go above and beyond to help our clients. In our monthly e-newsletter, we will be highlighting the staff member that has gone even further and been selected to be Employee of the Month. To get started we

would like to highlight the great employees that have already been honored this year.



**January:** Shawn Washburn, CPS Group Home Support Staff, is professional, respectful, and did not hesitate to spend his holidays working with clients to help cover shifts. He is very appreciated by staff, management, and clients.

**February:** Leo Cardenas and Earl Hamilton, MCC Support Staff, went above and beyond to maintain safety at the facility after an incident arose at the end of their shift.



**March:** Debby Shockley, MCC Case Manager, has consistently looked for innovative ways to reach clients. She recently took a group of clients to dinner and a play. Debby is also in charge of domestic violence trainings for staff.

**April:** Zareena Anwar, MCC Youth Development Specialist, was chosen for organizing a flag football tournament with other transitional housing programs for the children at MCC.



**May:** Brenda Geel, CPS Group Home Support Staff, works the graveyard shift and still finds projects to do. She keeps the group home immaculately clean.

**June:** Leslie Peete, AOD Case Manager, is seen as the light at the Family Shelter. Clients turn to her for any kind of help needed because she is willing to do whatever is necessary to meet client needs.



**July:** James Ross, THPF Maintenance Assistant, has the ability to remain calm and collected when under pressure. He and SAEHC are often complimented on his helpfulness to outside sources when necessary.

**August:** Vicki Joslin, MCC Youth Development Specialist, in her spare time, sewed a costume for a child with muscular dystrophy to wear over his wheelchair at summer camp. She also coordinated fundraising drives for offsite activities such as the recent Jonas Brothers' concert.



**September:** Christina Ly, MCC Management Assistant, joined the MCC team in April 2008 after teaching English abroad for many years. She quickly found ways to get involved and aid the program, even in her spare time. To support the annual MCC Fashion Show, she organized fundraising drives such as car washes and hot dog sales. To date, they have raised \$1,500 to be used for the purchase of new clothes for clients to model at the fashion show and later used for work and school wear.