






## PEP Highlights

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## AN EVENING AT LAGUNITAS



**Pups for PEP!** Please join PEP Housing staff and friends for a fun evening fundraiser at Lagunitas Taproom and Beer Garden Tuesday, August 11, 2015 5:30-8:30pm.

There will be Beer, of course, a doggie costume contest with prizes, music, and food provided by Mi Pueblo. Tickets are \$20. Entrance fee for costume contest is \$5. Call (707) 762-2336 for more information or to purchase tickets in advance.

**Come out and support PEP and bring your furry friends!**



## PEP'S MISSION

PEP Housing is a non-profit corporation dedicated to providing limited income seniors access to affordable quality housing with supportive services and advocacy.

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Committed to Quality



### PEP Housing Executive Staff

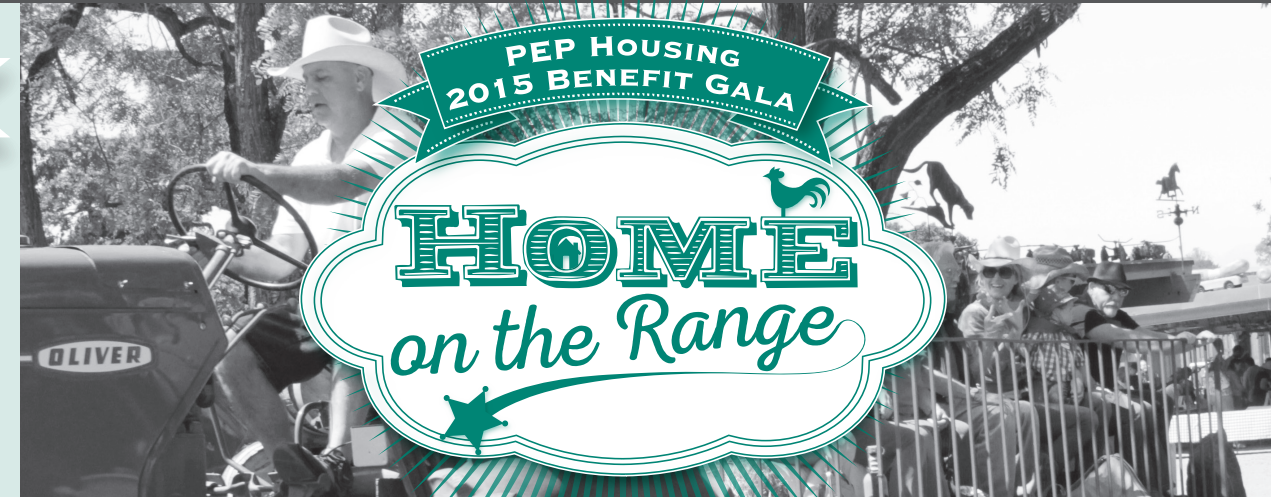
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**THE "HOME ON THE RANGE" GALA FUNDRAISER WAS A GREAT SUCCESS!**

This year PEP decided to change things up and try something new for the Gala. Instead of the usual evening sit down dinner event, PEP went with a family friendly, afternoon event. It was held May 2, 2015 at The Tomrose Ranch on Stony Point Road in Santa Rosa. The ranch was the perfect venue for the Gala. The décor and feel of the ranch dovetailed perfectly with our "down home" theme. There were tractor rides, face painting, DJ spinning Americana music, dancing, activities for the whole family, including the cow patty toss, which was the highlight of the day. Master's Touch Catering did a fantastic job barbe-cuing and feeding the crowd tri-tip and chicken.



Master's Touch Catering did a fantastic job barbe-cuing and feeding the crowd tri-tip and chicken.

Preferred Sonoma Caterers provided the salads and Three Twins Ice Cream provided ice cream sandwiches for dessert. We even had a visit from Clo the Cow! The guests not only enjoyed the food and games, but the silent auction was crowded with bidders trying to win all the great items donated by the community. All in all, it was a fun filled afternoon and was such a fabulous event PEP has decided to make it our annual signature event.



**PLEASE MARK YOUR CALENDARS FOR THE SECOND ANNUAL "HOME ON THE RANGE" GALA AT THE TOMEROSE RANCH, SATURDAY, MAY 14, 2016!**



### WE APPRECIATE OUR 2015 GALA SPONSORS!

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## Executive Director’s Message



When we learned that PEP Housing had been selected to work with Skywalker Properties to build housing at Grady Ranch, we were elated. When we learned that the project would be paid for by Skywalker Properties and George Lucas, we knew this was a once in a lifetime opportunity to create quality, environmentally conscious housing for our local teachers, nurses, police officers, and other essential members of our community who are being priced out of Marin.

Under PEP Housing’s management, Grady Ranch will be a vibrant mix of 224 townhomes and multi-unit housing units as well as other features, such as a community center, micro-farm, orchards, barn, and more. The plan includes 120 units that will be reserved for people whose income falls at approximately 80% of the area’s median income (AMI), or Marin households that earn between \$65,700 -101,400 a year. The senior housing portion will include 104 units, which will be offered toward a variety of income levels. With house prices in Marin averaging \$1,040,000 and rents skyrocketing with little available market rate units and years long waiting lists for affordable housing, this project couldn’t have come at a better time. Located on a stunning property on Lucas Valley Road in unincorporated Marin County, the site is almost indescribable. On a recent visit to the Ranch, we were greeted with deer grazing in the meadow. As we walked towards the area of planned development, the only sounds we could hear were birds singing and soaring high above us. With abundant oak trees and grass lands, Grady Ranch is a very special place and will be a dream come true for 224 families and seniors.

Within hours of the announcement of plans to build housing at Grady Ranch, our phones at PEP Housing started ringing. Many people were amazed by the generosity of Skywalker Properties and the chance to live in such a beautiful environment, improving their quality of life. With unaffordable rents and limited supply, the majority of Marin workers have an average work commute of 30 miles. Additionally there are 10,000 seniors a day in the US turning 65 and 57% of those

seniors have \$25,000 or less saved for retirement. Quite simply, many Marin workers and residents are priced out of the market. Not only will this serve workforce housing, it will serve seniors on fixed incomes looking for an affordable place to live.

Further, this project will ensure that 93% of Grady Ranch will be preserved as open space forever. Of the approximately 1,040 acres at the original Grady Ranch site, 800 acres were donated to the Marin County Open Space District in 2002. Of the remaining 240 acres, Skywalker Properties and PEP Housing are proposing 70% of this land as new open space. ▲

**In gratitude,**  
*Mary Stompe, Executive Director*



## Our Latest Developments

### Ukiah Project

PEP Housing is in the process of obtaining entitlements for Sun House Senior Apartments located within incorporated Ukiah, Mendocino County. The project will provide much-needed 42 units to low income seniors. The design is being coordinated with the local museum board to complement the adjacent city-owned Grace Hudson Museum, a federally recognized historical site. On-site features include a community center, raised garden beds, landscaped areas with walking paths and a dog run. A resident service coordinator will arrange on-site services such as health and financial literacy classes. The site itself is an infill location in proximity to many downtown amenities including public spaces, a library with public transit stop, a major bank and grocery store, pharmacy, retail shopping and restaurants, and the fire and police departments. The regional hospital property with several adjacent medical and dental offices is located exactly 1/4 mile from the NE corner of this site and can easily be accessed by the newly-completed pedestrian path along the railroad right-of-way just east.

[Contact Us to learn more about our communities.](#) ▲



SUN HOUSE SENIOR APARTMENTS • UKIAH

## Happy One Year Anniversary Kellgren!



In March 2014 PEP Housing celebrated the grand opening of Kellgren Senior Apartments. The 50 unit complex is nestled in a quiet, residential East-side community in Petaluma where residents can enjoy the surrounding neighborhood including a pocket park with a grassy area and a looping sidewalk. The new community was named in honor of Reverend Tim Kellgren, pastor of Elim Lutheran Church and one of the founders of PEP Housing. Kellgren was recognized by the California Assembly and the North Bay Business Journal as a North Bay Top Project in Senior Affordable Housing.

The project incorporated universal design features and “green” building technology including photovoltaic panels to supplement energy usage, on-demand hot water, natural cross ventilation, permeable ground surfaces; low-VOC materials; a bio swale to collect and filter runoff; and roof and deck overhangs to allow or restrict sun as seasonally appropriate. Each unit provides a wheelchair accessible shower, an emergency call system, a private patio, and access to universal Wi-Fi. Common outdoor areas include a dog run, horseshoe pits, and raised garden beds where residents can raise fresh vegetables. A stand-alone spacious community room features a kitchen, television, computer station, iPad, health kiosk, and a CyberCycle, a state-of-the-art exercise machine designed to enhance mental alertness as well as physical well-being. On Friday, May 29, PEP celebrated the one year anniversary of Kellgren’s opening by having a barbecue for staff and residents. Happy Anniversary Kellgren! ▲







VOLUNTEER CORNER

Chuck McPherson, PEP resident and community volunteer

Chuck was born and raised in Petaluma. From 1969 – 1971 Chuck served his country in the Vietnam War. Little did he know that many years later the VA would put him in contact with PEP to help him secure quality, affordable housing. Chuck waited two years on our list and his patience paid off. On March 17, 2014, the luck of the Irish shone on him when he was one of the first residents to move into the Kellgren Senior Apartments.

Chuck has always had an avid love for baseball. He figured out a way to give back to his community and be involved in “The Great American Past Time.” Chuck became a coach with the Petaluma American Little League and has coached for the past 40 years! In fact, at year 34 the league honored him with an award. Since then, The Chuck McPherson Appreciation Award is given out each year to an outstanding volunteer in the league.

Chuck has been president of the league three times in his tenure. “I enjoy making a difference in the kid’s lives and coaching has just become a part of me.” He often runs into people he has coached over the years and they always thank him for the life lessons he taught them. [Keep up the good work Coach McPherson!](#) ▲



Coach Chuck (Above right) with team members and assistant coach.



Volunteer Day at Vallejo St. Apartments

At the end of March a great group of volunteers from Petaluma based company World Centric spent the afternoon at our Vallejo St. Property weeding gardens, hauling soil, building raised beds and benches for our residents. The seniors were very appreciative for the help because it gave them a head start on spring planting.

[Thank you World Centric!](#) ▲



Fit n Furry “Feed the Need”

Fit n Furry, the Petaluma pet resort held a pet food drive in April for PEP residents and their furry companions. The month long drive delivered over \$1500 worth of dog food, cat food, leashes, medication, treats and much more. Our seniors were happy and excited to get the help for their pets. It’s heartwarming to see the community come together and “Feed the Need!” Fit n Furry has committed to doing the drive again next spring! ▲



Sid Lipton Honored for His Volunteer Work

By Joshua Gutierrez for The Argus-Courier April 3, 2015

Sid Lipton was presented with the 2015 Petaluma Community Awards of Excellence Service to Seniors honor last week, for his 15-plus years of volunteer work toward Petaluma’s elderly community.

Lipton, 89, is active with Petaluma People Services Center’s Meals on Wheels program, Rebuilding Together Petaluma and Petaluma Ecumenical Properties, or PEP housing, as a member of the development committee and board of directors. Despite his age, Lipton continues to volunteer to services he said are valuable and necessary.

“People ask me, ‘Are you still doing Meals on Wheels and how long are you going to do it?’” Lipton said. “I answer, until I need it myself or until they take away my driver’s license. As long as I have a driver’s license, can get insurance and am able to do it, I will do it.”

Lipton brings a certain acumen to PEP housing and Rebuilding Together Petaluma, having served 10 years as president for Wright Contracting Incorporated, which constructed various institutional landmarks throughout Sonoma County in the past 60 years.

In the weeks ahead, Lipton will join a group of volunteers to reconstruct the fence and patio of a disabled Petaluma senior. Six days later, Lipton will accompany a multitude of volunteers for Rebuilding Together Petaluma’s spring 2015 volunteer day, a home fix-up project for low-income individuals and organizations.



Not only will he continue his weekly service for Meals on Wheels, but he will need to keep up on his homework. Lipton is an active student of the Osher Lifelong Learning Institute, a service provided at Sonoma State University and throughout the country for those 50 years or older.

But this is nothing new as Lipton has always continued to stay busy and productive.

At the age of 16, Lipton went to work at the Mare Island Naval Ship Yard, which eventually led to his 22 months of service in the Navy.

While stationed at Guam, Lipton’s parents bought a chicken ranch in Petaluma. Upon his return to his return, Lipton intended to stay in Petaluma a little while. Sixty-nine years later, he’s still here.

In 1955, after a stint as owner of a chicken ranch on Roblar Road, Lipton began as a carpenter’s apprentice after a foreman saw potential in him. He eventually caught on with Paul Wright and Ben Oretsky, founders of what is currently Wright Contracting Incorporated.

In 1997, after various positions within the company, Lipton decided to retire, though he has continued to remain active in the community.

“It’s humbling,” Lipton said of his award. “I’m just glad to be able to do it still!” ▲

A NEW FACE AT PEP

Vanessa Bergamo, Community Resource Manager



Vanessa joined PEP Housing in January 2015. Vanessa has been a Petaluma Resident for 28 years with a deep affection for our beautiful city. She comes to PEP with 15 years of non-profit experience and has already put it to use for PEP. She was instrumental in pulling off our best Gala event to date. In her off time Vanessa enjoys working with “Mac” a social therapy canine. She also enjoys cooking, playing pool and camping. ▲



Dairy Delivery Contributes

A special shout out to Dairy Delivery in Penngrove. Dairy Delivery is a natural foods and dairy products distributor to retailers and restaurants in the greater North Bay area. When they have extra product, they donate it to PEP and our residents are grateful to get such extraordinary organic, wholesome and locally sourced products. [Thank you Dairy Delivery!](#) ▲







## Wilson Apartments Renamed to Honor Leota Fisher

On Friday, April 17, 2015 PEP Housing renamed the Wilson Street Apartments to Fisher Apartments I & II. The renaming ceremony was in honor of long time PEP board member Leota Fisher. Leota, at 99 years young is a retired nurse who continues to give back to the community. She has served on the PEP Housing board of directors for 24 years! “It was a great honor for us to rename the Wilson Street Apartments after Leota. She has been a dedicated and tireless volunteer on our board for many years.” said PEP Executive Director, Mary Stompe. Friends, family and colleagues came out to recognize Leota, witness the ribbon cutting and share in the celebration. ▲



## Some Things Get Better With Age – *Aging gracefully is easier than you think.*

Post published by F. Diane Barth L.C.S.W. on Feb 26, 2015 in Off the Couch

My 90-year-old aunt complains that she does not have much energy anymore. She doesn’t like it that she can’t remember what day it is, or the names of new acquaintances. But when it comes to emotional advice, there’s no one better to ask. And it turns out that she is not alone. Research has shown that as we age, not all of our cognitive abilities are on a steady downward path. In fact, according to a study by Laura Carstensen and Joseph Mikels at Stanford University, cognitive abilities tied to emotion often actually improve with age.

Carstensen and Mikels’ research dovetails with data from the Harvard Study of Adult Development, which has been following the development of a group of Harvard undergraduate students since 1938. The older we get, these researchers tell us, the more comfortable we are with positive emotions; and the more comfortable we are with these emotions, the more easily we are able to use them to help us process information. In a series of experiments, Carstensen and Mikels found that adults whose ages ranged from 65 to 85 years, were better able to recall information that was associated with positive than with negative experiences. When shown positive images (e.g. of babies and animals), negative images (of mutilations and bugs) and neutral images (of cups and mushrooms), these older participants had better recall of information associated with the positive images than with either the neutral or negative ones. Functional magnetic resonance imaging also showed greater activation of the amygdala in these adults when shown positive images.

Carstensen and Mikels say that “older people, at a subconscious or conscious level, may not attend to negative images because they are not motivated to do so.” In a book discussing the findings of the Harvard Study, George Vaillant says that they, too, found that by the time they reached their seventies, many of their participants seemed to have put aside negative memories and influences that had made their earlier years more emotionally difficult.

The good news is that even a bad and painful childhood may be put behind in our later years. You may have an older friend or relative who appears to have found love and happiness that eluded them when they were younger. This is apparently far more common than we realize. Maybe it’s because as we age, we become aware that time is limited, so we put bad things behind us and try to make the best of what we can. Maybe, too, there’s actually an advantage to some of the memory loss that goes along with aging—we just don’t remember all of the things that used to bother us, about childhood or later in our lives.

These ideas are important not only for us as we face our own later years, but also for dealing with aging loved ones. It’s also important for therapists working with aging clients. Looking back to past pain and difficulty may be far less helpful with this population than it is with younger clients (although as I say in much of my writing, I have problems with the tendency in my field to think that figuring out what parents did wrong is the solution to a client’s problems).

One of the founders of the Harvard Study, Arlen Vernon Bock, believed that medical researchers paid too much attention to sick people and not enough to health and how to live life well. Perhaps the same thing is true for psychological health. It is notable that Dr. Bock lived to be 96 years old, and walked two miles a day until his death.

Unfortunately, my aunt isn’t doing as well as Dr. Bock in the physical realm. She has aches and pains that don’t go away, and she can only walk a short distance with the aid of a walker. She doesn’t always remember what happened last week. But she is still an incredible fount of emotional wisdom. I hope that I will remember to appreciate that part of aging when I’m her age. ▲

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## Disability – A Personal Perspective.

By Mary Stompe

Last December, I learned that I had torn the peroneus brevis tendon in my foot in two places several months earlier and surgery would be required to repair. I went through the surgery and the experience has been life changing.

After surgery, I had become completely dependent on my husband to take care of our animals and tasks around the house. I had to use crutches for a month and couldn’t put any weight on my foot. Everything I did was much more difficult from grocery shopping to getting ready for work. I realized just how much I took for granted my mobility in the past.

During this first month, many tasks seemed insurmountable. Climbing the many stairs in my house each day often required crawling up and down to get to where I needed to be. When I went out to a store, I was surprised by other people that wouldn’t hold a door open for me or pushed my knee scooter out of the way instead of waiting a minute for me to pass. When I finally got the okay to put weight on my foot again, I literally had to learn how to walk again.

The difference between my situation and so many of the seniors living in our communities, is my disability was temporary and I could look forward to the days without the crutches. Unfortunately

I learned recently that the tendon was still torn so I had to repeat the surgery I had just had. While I know I will experience what I did before, I also know the situation will be temporary.

What was life changing about my experience is that I got to walk in the footsteps of many seniors and others with disabilities that alter their life. I learned just how unaware people are of others and holding open a door for someone struggling should be something that we do naturally and without thought. Carrying someone’s groceries to their car when they are using a walker would take only a few more minutes of your time and would greatly assist someone struggling with a disability. Helping someone who is trying to reach something in the grocery store or letting someone pass in an aisle first because it takes much more effort to move their walker than it does your shopping cart.

It seems as a society we are so caught up in our own world, reading emails as we enter the market, talking on the phone as we walk down the aisles that we don’t even realize our own fellow humans may need a little help. While I’m as guilty as the rest of spending too much time connected, I am now very aware of those around me that might need a few seconds of my time that would greatly impact their ability to complete basic functions. ▲

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