






PEP Highlights

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NEW FACES AT PEP!



AMANDA COOK, ASSISTANT BOOKKEEPER

Amanda was born and raised in Sonoma County and lives in a rural area of the County with her fiancé Lucas and 3 year old daughter Sofia. The family likes to camp and cook in their leisure time. Amanda attended Santa Rosa Jr. College with a focus in accounting that led to her position as Assistant Bookkeeper at PEP Housing. Amanda says, "I am extremely happy to work at PEP and assist with PEP's mission for our seniors."



JERRY GUNDERSON, MAINTENANCE TECHNICIAN

Jerry is the newest member of our maintenance team. He has been in the construction industry for 30 years and likes working with his hands. His hobbies are woodworking and going to the beach with his family. Jerry has been married for 13 years, has a 6 year old daughter named Gracie and loves being a father. Jerry said, "I'm very happy to be on board working for PEP."



CHRIS ANDERSON, MAINTENANCE TECHNICIAN

Chris is pleased to be the latest addition to the PEP Housing maintenance team. He has an extensive and well-rounded experience in construction. Chris spends his time with his children and enjoys live music, events and squeezing the most out of life. ▲

PEP HOUSING

Executive Staff

Mary Stompe, *Executive Director*
Sibyl Lister, *Finance Director*
Dominic Roybal, *Property Management & Compliance Director*
Jim Langford, *Housing Development Director*
Pam Lemos, *Maintenance Manager*

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Design: Hansen-Kemp Design
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Newsletter printed on recycled paper.



SECOND ANNUAL HOME ON THE RANGE

PEP HOUSING'S SECOND ANNUAL HOME ON THE RANGE GALA WAS MORE FUN THIS YEAR THAN LAST! WE ADDED MORE GAMES FOR THE KIDS, A PHOTO BOOTH FOR KEEPSAKE PICTURES OF THE DAY, LINE DANCE INSTRUCTIONS, FACE PAINTING AND BALLOON ANIMALS. MASTER'S TOUCH BARBECUE DID AN OUTSTANDING JOB ROASTING TWO WHOLE HOGS MAKING PULLED PORK SLIDERS FOR THE CROWD OF ALMOST 300 PEOPLE! WE SOLD ALL OF OUR AUCTION ITEMS AND INCREASED OUR REVENUE FROM LAST YEAR!



THANK YOU TO EVERYONE AT PEP AS WELL AS OUR OUTSIDE VOLUNTEERS FOR MAKING THIS YEAR'S GALA A GREAT SUCCESS. WE'RE LOOKING FORWARD TO THE THIRD ANNUAL HOME ON THE RANGE MAY 2017!

Building community from the heart ♥

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

VISIT US ONLINE: pephousing.org  facebook.com/PEPhousing



EXECUTIVE DIRECTOR'S MESSAGE



When the next generation of iPads was coming out, I decided it was time to upgrade. I asked my mom if she would like my old iPad. She hesitated at first but decided to give it a try. Now, two iPads later she couldn't imagine her life without it. The iPad has connected her with friends and family she had lost touch with, gives her easy access to her doctors, provides her with hours of entertainment using apps like Facebook and Words with Friends and so much more. When I saw how much technology enriched her life, I decided it was time to try and bring iPads to our residents at PEP.

Thanks to the generous support from the California Public Utilities Commission who not only funded Wi-Fi at several of our communities, they also funded the iPad project. We committed to training our residents on the use of technology in four sessions over a one year period. Our lead trainer is a PEP resident, Carol Ruskin, and she brings a unique perspective to the training. As a senior, she understands the challenges of learning something new at an older age. She agrees that she has had to practice patience but is enjoying the experience. High School students assist with the training as do several PEP staff members. After successfully completing 4 classes, the resident gets to keep the iPad they were given at the beginning of the program.

Assisting with a training has been a dream come true. To look at a room full of older adults enriching their lives in so many new ways have been worth all of the challenges along the way. With limited resources, we have had to be creative in many ways. We used existing curriculum and tailored it to our program using iPads. We partnered with another nonprofit to provide technical support during the first year of the program.

When residents can start teaching me new things about the iPad and applications, I feel like the program is an overwhelming success.



I now have applications like "Ted Talks" on my iPad thanks to the recommendation of a resident.

PEP has always provided a computer in the community room in most of our properties. When Kellgren opened, we added an iPad to the community room. Many residents are homebound or don't feel comfortable using the computer in the community room and don't have their own computers. With the iPad, not only can it be used in the privacy of their homes but anywhere they go. An iPad can even accompany a resident on a trip to the hospital. iPads can help with social isolation which impacts as many as 17% of Americans over 50, or more than 18 million individuals. Negative health effects are comparable to that of smoking 15 cigarettes a day, obesity or substance abuse.

We are seeing so many wonderful interactions between residents who are using their iPads together with new friendships developing. Residents are using it together in "pop-up" user groups and many other settings.

Thanks to the generosity of the Bethlehem Foundation and the Petaluma Community Foundation, we will be able to roll out the project to several more properties. ▲

Senior iPad Project Update

The iPad Project trainings have been very well attended with 160 seniors learning the technology. We are half way through the project with two more rounds of classes scheduled in September and November 2016. It's been a rewarding yet labor intensive undertaking for both the trainers and the residents. Our resident trainer, Carol Ruskin was awarded the Volunteer of the Year Award for her participation in the project. We could not have made the project as successful without her expertise in all things Apple and her unwavering patience! Thank you to all the high school volunteers who have been giving their time at the trainings. Not only does their participation bridge the technology gap, it also exposes the kids to seniors and helps them build on those relationships.

Thank you to the California Public Utilities Commission, the Bethlehem Foundation and the Petaluma Community Foundation for granting us the monies required to install Wi-Fi at the various communities, purchase iPads for the seniors and the ability to include additional properties and seniors to the project. ▲



Projects in Development



Sun House Groundbreaking – New Senior Housing Development in Ukiah

Thursday, March 10, 2016 was a very exciting day for PEP Housing. We celebrated the ground breaking of our newest project, Sun House Senior Apartments in Ukiah which has been in planning since 2012! Not only will this project house 42 seniors in Mendocino County but 10 of the apartments are reserved for senior veterans. The design has been 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.

When researching the demographics of the city of Ukiah we found 32.2% of all households were made up of individuals and 14.5% had someone living alone who was 65 years of age or older. This made the area perfect for senior housing.



SUN HOUSE SENIOR APARTMENTS

Thank you to everyone who has worked so hard for the past four years to make this dream a reality! ▲



Crusin' The Boulevard Thank you for the AED's

In November 2015 Crusin' the Boulevard donated five automated external defibrillators (AED) to PEP Housing. Thanks to their generosity we were able to deploy the AED's in some of our properties. At the presentation, John, Crusin' the Boulevard's president, committed to supplying PEP with an additional four AED units in 2016. We were presented the additional units at the 2016 American Graffiti Salute Celebration in May.

Sudden cardiac arrest is one of the leading causes of death in the U.S. Over 350,000 people will suffer from sudden cardiac arrest this year. It can happen to anyone, anytime, anywhere and at any age. An AED is the only effective treatment for restoring a regular heart rhythm during sudden cardiac arrest and is an easy to operate tool for someone with no medical background.

Thank you to Crusin' the Boulevard for helping to keep our residents safe. ▲



BOARD MEMBER CORNER – LEOTA FISHER 100 YEARS YOUNG!



At 100 years young, PEP Housing's volunteer Board member Leota Fisher has been an institution since she joined our Board of Directors in 1991. Leota is a woman who tends to shy away from the spotlight, working diligently behind the scenes using her nursing background and keen business skills to help her community thrive. PEP Housing has been one of the lucky recipients of her contributions for the last 25 years.

Leota is an active member of PEP Housing's Board, and served as Secretary from 1994 until 2005. She has been an active board member since assisting with special projects, and being available and willing to help out wherever she is needed.

The most amazing aspect of Leota's volunteerism is that at 100 years old she continues to have an outstanding attendance record at PEP Housing Board and Committee meetings and other PEP Housing functions. According to Executive Director Mary Stompe, "she is one of the best contributors on the Board and makes solid recommendations."

Mrs. Fisher was born in 1916 and has three children. She had a career as a registered nurse but loved her role of "mom" best, said her daughter. She was an active PTA member. Mrs. Fisher lived in Oregon and relocated to Oakland, CA, in 1962. Mrs. Fisher served as a nurse at San Leandro Memorial from 1962 until 1964. She was a nurse at Alameda County from 1964 until 1978. In 1982, Mrs. Fisher and her husband relocated to Petaluma. In 2003, her husband passed away after a long illness. They were married 65 years.

After retiring from her professional career as a nurse at age 62, Leota began her volunteer career. She has always had a passion for helping people, which is reflected in her volunteer work with PEP Housing.

"Anybody in a position of leadership needs to have somebody to confide in to make sure they're heading in the right directions," said PEP Housing's former Board President Bill Fishman. "For me, that has been Leota. She has enough history with PEP to have seen all of the mistakes of the past and to help us avoid making them again. She has more common sense in her little finger than most of us can ever hope to have."

In 2015 PEP Housing honored Leota by renaming our Wilson Street Apartment Complex to Fisher Apartments I and II. ▲



Seniors Conduct Emergency Evacuation Drill Safety Day at Vallejo St. Senior Apartments

On Wednesday, April 20 at Vallejo Street Senior Apartments there was a flurry of activity and seniors in bright yellow vests knocking on doors and posting signs. This was the first Emergency Evacuation Drill at the property. Organized by resident volunteers, the group gathered together in their yellow vests, knocked on doors, tagged apartments

with signs, assisted disabled residents out of their apartments with their "go" bags and made sure the drill went smoothly.



The residents at Vallejo St. Senior Apartments are now ready in case of an emergency where they need to evacuate their apartments for safety. ▲



The Fabulous Women – Caregiving with Grace

Many of us will become the caregiver of a parent or loved one. It's a rewarding endeavor, but it can be filled with enormous challenges.

Time management: Caregiving takes time. As a result, caregivers have less time for other family members and themselves. In a recent study by the National Alliance for Caregiving and AARP, more than half of caregivers reported that their duties have caused them to sacrifice vacations, hobbies or other activities.

Competing demands: Balancing caregiving responsibilities with the demands of a job can be difficult. Tasks — such as calling doctors, checking in with social workers, arranging services and scheduling appointments — entail daytime hours. That's why the majority of caregivers say they need workplace accommodations such as going in late, leaving work early or taking time off.

Financial implications: The costs linked to caregiving add up. A study by the National Alliance for Caregiving found that the out-of-pocket cost for caregivers is roughly \$5,500 per year. That includes food, travel, transportation, medical insurance co-pays and medications. Long-distance caregivers had even higher estimated expenses, at about \$8,700 per year.

Physical and mental stress: For those providing intense care for long periods, the physical and mental tolls can be heavy. Although most caregivers don't attribute health problems to caregiving, some say they feel frustrated, exhausted, angry or sad.



Fabulous Women Board members Krista Gawronski, Sandra Fetter and Erin Ascher.

With the population aging and our parent's generation living longer, many find themselves in these very situations. The Fabulous Women recognized the need for a workshop on how to take care of yourself while caring for a loved one. They organized a four hour workshop loaded with information, speakers and community. We all came together on a Sunday afternoon to discuss and share challenges, ideas and ways to stay connected and healthy while navigating this very important undertaking. As if the community and caring wasn't enough, the Fabulous Women decided this would be a good way to raise some funds to benefit PEP Housing and its residents.

Thank you to Krista Gawronski and The Fabulous Women for caring so much and giving back to our community. ▲



Sonoma Community Foundation Women's Leadership Retreat Women Changing the County



What happens when 15 of Sonoma County's most interesting women nonprofit leaders get together? A lot of laughter and support bubbles out of the room. Partnerships and friendships are formed. Ideas and best practices are generously shared and a circle of support is created.

In February, the Community Foundation Sonoma County brought together women leaders from Sonoma's nonprofit community to connect and reflect. The *Women Changing the County* retreat provided these leaders more than just an opportunity to safely explore their organization's challenges and strengths, but to also look deeply at how to care for themselves to better lead their organizations. The retreat content was generated by real concerns, challenges, and interests that each leader expressed prior to meeting.

We are honored that PEP's Executive Director, Mary Stompe, was one of the 15 chosen to join the retreat as there were double the applicants than spots available. The two day retreat focused on accelerating trust. Not only did these women share of themselves and create a support system that will be ongoing, but they provided each other with concrete ideas related to board development, team management, fundraising, and work/life balance. ▲



VOLUNTEER CORNER – CAROL RUSKIN

Carol has been a resident with PEP Housing for two years.

In January 2016, with funding from The California Public Utilities Commission, PEP implemented a digital innovation project where we gave residents the opportunity to learn new technology on an iPad with the option of keeping the iPad after completing four training sessions. We hoped the project would address the technology needs of our residents and help them learn and navigate current technology. We could not have implemented this project without the help of Carol. Carol volunteered to take the lead trainer position for the duration of the project. So far, there have been 12 trainings at six locations. This translates to over 36 hours of volunteer time that Carol has dedicated to teaching other seniors how to use an iPad and enhancing their lives. She has committed to completing the classes which will be another 12 classes and 36 hours of volunteer time. Carol's passion for the project is evident in her demeanor at the trainings. She is patient and understanding with the seniors because she realizes how difficult it is to learn something this new later in life. Carol's dedication to this project has already paid off for many seniors who are utilizing the new technology and loving it. The main thing we see here at PEP Housing is the improvement of residents' isolation. The one thing that keeps seniors isolated is lack of socialization in a group setting. Not only do the iPad trainings bring the residents together, they also meet outside of the classes in user groups to share the different things they've learned using the technology. This interaction in both the classes and user groups motivates the seniors to be more social, which in turn helps with isolation and greater overall well-being.

That being said, Carol's involvement in this project has enriched the lives of many seniors who otherwise would have not embraced the socialization and learning the project offers. That is why we have honored Carol with PEP Housing's 2016 Volunteer of the Year Award. ▲



Carol teaching PEP residents how to utilize the iPad technology.

Congratulations Ardith!

Happy Retirement!



In March of this year we bid farewell to a wonderful addition to our staff. Ardith DaCosta retired after seven years in the Development Department at PEP Housing. Ardith was an integral part of the planning and development of PEP projects. For seven years Ardith was behind the scenes working diligently. She was the backbone that went along with all Development Projects. She waded through mounds of paperwork making sure that everyone had what they needed to complete projects correctly and on time. Ardith always had a smile on her face and was willing to help anyone in anything needed. She celebrated her retirement with her husband Sonny by taking a cruise around the Hawaiian Islands. Ardith is excited about retirement and having the time to spend with her first grandchild Sophia.

We wish you well! Enjoy the next chapter in your life! ▲

PEP Housing's First Wedding

Congratulations Ben and Maxine!



Congratulations Ben and Maxine... And together they lived happily ever after! ▲



Saturday, April 16 was a very special day for PEP Housing. We had our first wedding! Ben (our resident) and Maxine were married at 2pm at the Casa Grande Senior Apartments!

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Victoria Webb Photography
Vintage Wine Estates

Friends

6th Street Playhouse
Abernathey, Harvey & Linda
Adiego, Bob & Darlene
Adventure In Well Being
Ameral, Donald & Eleanor
Applen, David & Joyce
Barker, Patricia
Battison-Fullerton, Lucille
Bay City Bike Rentals & Tours
Bergamo-McSweeney, Vanessa & Mary
BICI Sport Bike Shop
Bolder Bands Headbands
Braga, James & Nancy
Brown, Lyndi
Buster's Southern BBQ
Cache Creek Casino Resort
Cafe Zazzle
Cal Skate
Camhi, Lynn
Caput, Phil & Lynndee
Carr, James & Patricia
Celestre, Mary
Cinnabar Theater
Cold Stone Creamery
Costco Wholesale
DaCosta, Ardith & Sonny
DeGraf, Richard
Deming, Barbara
Dias, Greg & Helen
Double Decker Lanes
Edwards, Carl & Deena
Fit 'N' Furry Pet Resort
Flocchini, Nicholas
Gallagher, Jodie
Gallagher, Silvia & James
Garritty, David & Karen

Gerber, Martin
Golden Gate Fields
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Sonoma Portworks
Sonoma Raceway
Sovel, William & Rae
Spirit Works Distillery
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The Sweet Zone
Toast
Tomaes Presbyterian Church
Tone Fitness
United Methodist Church Women
Victor Thuesen & Kerstin Molinder
Winchester Mystery House
Wohlgethan, Christina

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