

PEP Housing 951 Petaluma Blvd. South Petaluma, CA 94952

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PEP Highlights



UPCOMING EVENTS



molon SAVE THE DATE! THE THIRD ANNUAL "HOME ON THE RANGE" MAY 6, 2017 • 11-3PM **TOMROSE RANCH** 5307 STONY POINT RD.

SANTA ROSA





ONCE AGAIN PEP HOUSING WILL HAVE AN ANNUAL FUNDRAISING HO DOWN! PLEASE JOIN US FOR A FUN-FILLED FAMILY AFTERNOON WITH BARBECUE, LOCAL BEER AND WINES, MUSIC, GAMES WITH PRIZES FOR THE KIDDIES, A SILENT AUCTION WITH SOMETHING FOR EVERYONE AND SUPPORT AFFORDABLE HOUSING FOR SENIORS.

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PEP Talk

THE PEP HOUSING NEWSLETTER | WINTER 2016

Funding Challenges in Affordable Housing

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

2017 Board of Directors

Richard Rodkin, President Arthur Cooper, *Vice President* Sean Pryden, Treasurer Mary Savage, Secretary Mary Stompe, Assistant Secretary Don Bennett Kathleen Doyle Leota Fisher Herb Lee Sid Lipton Anna Rose George (Kip) Spragens Gail Talamantez Joseph Tinney

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Every eight seconds someone turns 65 in the United States. That's 10,000 people a day, 1100 in California alone!



With this wave of people reaching retirement age, building affordable senior housing is more important than ever, yet we've lost much of our ability to build senior housing. In 2011 we lost HUD 202 federal funding for new construction. This funding program serves the lowest income seniors. We have also lost redevelopment funding. CDBG (Community Services Block Grant) and local HOME program funding was decreased with many cities committing the funds they did have elsewhere thus, leaving us little or no available funding to build low-income housing for seniors. What we have left to work with is the tax credit program which serves higher income seniors because the rents are higher. Meanwhile, our waiting list continues to increase. Where will these low-income seniors live? In their cars, in substandard conditions, in shelters?

PEP Housing is dedicated to continuing our mission of providing safe, affordable housing for seniors, but we need your help! Please help our mission. Go to pephousong.org/donate or use the enclosed remit envelope to help support our community's low-income seniors.

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 f facebook.com/PEPhousing







EXECUTIVE DIRECTOR'S MESSAGE



Aging and Exercise – A Global Perspective

I recently returned from a trip to Kaohsiung, Taiwan where I presented a session at the World Congress of Geriatrics and Gerontology. Thanks to the generosity of the Community Foundation Sonoma County who helped offset the cost of the trip, I was able to participate. My presentation focused on the wellness movement for older adults in the United States combined with self-management of chronic illnesses. Residents at PEP Housing participated in an anonymous survey about their health and wellness. I shared the results of the survey and compared the results of residents living in affordable housing versus statistics for other older Americans living in the US.

We learned a lot about our residents with this survey. As a result, PEP Housing will do what we can to try and secure more healthy food donations, work with SRJC to offer more exercise classes and share the benefits of healthy living in upcoming resident newsletters. We will also schedule more speakers on

health and wellness issues. Recently we started a program for our staff to encourage a healthy lifestyle. Employees have started walking on their lunch and breaks, measuring their success with Fitbits and using a local gym on a regular basis.

Spending time with academics and physicians from around the world allowed me a unique opportunity to learn a great deal about aging including the latest research in Dementia and Alzheimer's and much more. One very interesting session was about longevity and how we are living

much longer than our predecessors. One researcher looked at the characterizations of the longest living people in the world. While it is estimated that 90% of longevity is based on your genes, the research focused on lifestyles of those living the longest. A 122 year old Italian woman drank port wine, put olive oil on everything, smoked, was riding a bike at 100 years old, met Van Gough and consumed lots of eggs. In Okinawa, China, the longest living person ate vegetables for breakfast, lunch and dinner and consumed lots of eggs and fish. The presenter said

"It's not how old you are, it's how you are old." that 80% of the longevity we can control is lifestyle related. Restricting caloric intake and being active (weight training and strengthening is more important than aerobic exercise) helped to turn back the clock. Weight training can cut depression by 50% in adults. Basically you want to win the human race by finishing last!

My favorite quote of the conference was, "It's not how old you are, it's how you are old."

I am grateful for having the opportunity to work at PEP Housing with so many wonderful staff, board

members, volunteers, donors and residents. Thank you for your continued support.

Happy Holidays and Happy New Year! 🔺



Sun House – Affordable Senior Housing in Ukiah

Sun House Senior Apartments broke ground on March 10th, 2016. It should be completed by summer of 2017.

This is a 42 unit project, six two-bedroom and 36 onebedroom apartments. Ten of the 42 units will be reserved for veterans through the VASH (Veterans Affairs Supportive

Housing) program. Of those ten apartments reserved for veterans, eight will be one-bedrooms and two will be two-bedroom apartments.

The property is next door to the Grace Hudson Museum. Sun House Senior Apartments is in a convenient location for our seniors. They can easily access grocery stores, enjoy the Ukiah Senior Center as well as the library. PEP Housing will have an onsite manager and resident coordinator to help and assist with anything the new residents may need.



IN HOUSE SENIO

Board Installation Dinner

Monday, November 14, PEP Housing's board, staff and advisory council came together for dinner, PEP Housing Jeopardy and the installation of PEP's board officers. The officers for 2017 are President Richard Rodkin, Vice President Arthur Cooper, Treasurer Sean Pryden, Secretary Mary Savage and Assistant Secretary Mary Stompe. We also welcomed two new members to the board. They are Kathleen Doyle and Gail Talamantez. We welcome the new members and 2017 officers and look forward to another year of leadership from our board. ▲

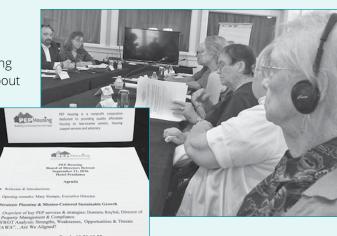


The Start of our Strategic Planning Process

On September 21 Board and staff met to lay out the strategic plan going forward. It was a collaborative discussion with some wonderful ideas about moving PEP Housing into the future. We discussed the challenges we face such as reduced government funding for affordable senior housing, a growing waiting list and a rapidly aging population which will increase demand as time goes on. We have a lot of work ahead of us, but with a smart, dedicated and passionate board and staff, and a community that truly cares, we'll get it done!

PEP Housing contracted with Midstate Construction to build Sun House Senior Apartments. They have been our primary builder since 2001. PEP Housing and Midstate Construction have a strong rapport due to years of successfully building quality and safe apartments for our seniors.

> Currently Midstate Construction has Building 1 just about closed up and the rough plumbing is also completed. Building 2 is going well and should be ready for roofing by the end of this month. Buildings 3 and 4 are moving along and our goal is to have all buildings closed in by the end of this month. Despite some weather challenges, Midstate Construction and PEP Housing are working hard to complete the project on time. ▲





PEP WELCOMES NEW BOARD MEMBERS

KATHLEEN DOYLE – Kathleen joined the PEP Housing Board of Directors in June 2016. Kathleen has extensive experience in business development and finance. Kathleen currently serves on the Boards of the SRJC Foundation Friends of Petaluma Campus Trust, The Petaluma Gap Winegrowers Alliance and the Petaluma Community Guild. In the past Kathleen has served on the SRJC Board of Trustees and the Petaluma Chamber of Commerce and the Sonoma County Planning Commission. Kathleen's background as a CPA and the knowledge she has of our community will make her a valued asset to the PEP Board. Welcome Kathleen!

GAIL TALAMANTEZ – Gail joined the Board of Directors in November 2016. She has recently relocated to Sonoma County from Washington State. In the past, Gail has served on the Senior Center Board of Spokane, Washington, taught Driver Safety classes through AARP and conducted classes for AARP and Senior Centers in Washington on the topic of "Growing Old Gracefully." Gail's ability to speak in public to crowds large and small on the topics of aging and affordable housing make her a welcomed member to the PEP Housing Board.

Welcome to Sonoma County Gail! 🔺

WELCOME NEW EMPLOYEES!

CHRIS CABRAL, Human Resources Coordinator



Chris joined the PEP Housing team in June of 2016, and is proud to be a member of the organization. Prior to joining PEP Chris served in the United States Coast Guard for four years, and attended Golden Gate University. She graduated in early 2016 with

a BA in Business Management and is currently attending GGU School of Law and plans on graduating in 2019. By pursuing her legal education, she has made a personal commitment to providing support, guidance, and compassion to individuals within our community. In 2013, Chris moved to Sonoma County from Detroit, Michigan as an active-duty member of the USCG. Chris has fallen in love with all that this area offers, including her colleagues here at PEP Housing. Chris says, "I am thankful that I have found a warm and inviting place with PEP. I look forward to many more wonderful years as part of this team."

RANDY MILLER, Maintenance Technician II



Randy is pleased to be a new member of the PEP Housing family. Randy Said, "I look forward to the opportunities PEP Housing has to offer." Randy lives with his wife of ten years, stepdaughter and dog.

HOWARD NILES, *Maintenance Technician I, Orangetree*



After Howard saw the job posting for a maintenance technician at PEP Housing, he knew he had to seize the opportunity to work for an agency whose primary purpose is to help others. Howard has a lot of maintenance experience and felt he was a

good fit for the position. Howard said" It gives me great joy and purpose to give 100% to PEP Housing."



KATHRYN GROSS, Administrative Assistant



With extensive experience in the administrative and customer service fields, Kathryn comes with a cheerful outlook and enjoys helping others. Kathryn has always wanted to work for a company that makes a positive impact in people's lives. She is

a big believer that humanity and our planet are in need of more love and compassion. She is grateful to be part of PEP Housing's incredible mission in helping our aging population with affordable housing. In her spare time Kathryn likes hiking with friends, going to the movies and gardening.

MAURICIO FELIX, *Resident Manager, Kellgren Senior Apartments*



Mauricio has always enjoyed working with seniors. He began his career in property management in 2007. Since then, Mauricio has continued to help families in affordable housing. Mauricio was selected to be part of the yearlong "New Ventures of Leadership"

program by the American Society on Aging during 2007-2008 year. In 2000 he had the good fortune to purchase a house and move to Petaluma. This gave Mauricio the opportunity to attend Santa Rosa Junior College and focus on business administration while working full time. Now, Mauricio says, "I am very grateful and fortunate to be part of this great team working for PEP Housing and of course helping its residents."

Second Annual Pups for PEP

The second annual Pups for PEP was great fun this year. We had dogs in costume, people in costume, wonderful food donated by Mi Pueblo, and a spirited live auction with unique dog-centric art created by local community artists, residents and high school students. Of particular note was an amazing state-of-the-art dog house built especially for PEP Housing by Midstate Construction. John Mills our auctioneer did a fantastic job creating excitement around the auction and raising money for senior affordable housing. A special thank you to Ron Bausman and Art Wagner for recruiting the artists who participated. And an enormous thank you to Nancee Tavares at Emmitt Designs for donating the beautiful necklace and earring sets for the auction and the doggie necklace thank you gifts for the artists.

A good time was had by all and many walked away with some very unique art pieces. A big thank you to all the artists, donors, attendees and volunteers for another successful and entertaining Pups for PEP!



WINTER 2016







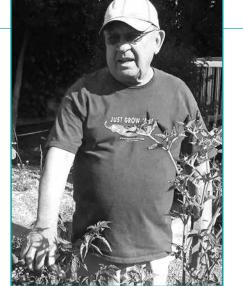


Residents' Corner

Larry Noggle the "Peppahead"

Larry Noggle, resident of PEP Housing has a history and full life that speaks to his creative likeability and easy going nature. Larry was a graphic artist for 30 years, his portfolio is beautiful and impressive showcasing deep, saturated colors and bold, clear lines that reminds one of the artist Mucha.

About 20 years ago he started shifting from that art form to another; food. Specifically peppers and all the wonderful culinary delights that can be made with them. He has an impressive garden with over 15 varieties, each plant bursting with shiny, colorful peppers of every size. Larry used to sell his pepper creations at local farmers markets but is now focusing on other projects like an annual calendar featuring his peppers and a recipe, which he has tested or created, for each month. He just published his 19th calendar and is already working on number 20, they can be viewed at his website peppahead.com. Larry also works with several local chefs creating salsas, smoked chili powders and is currently pondering the Sonoma County beer scene and what role his peppers could play in a craft brew.



Larry is an outdoor adventurer, he spent many of his younger years mountain biking Utah's rugged trails and while he, at age 75, no longer takes his bike to the back country he had a trail adventure of a different kind in August 2016. He participated in a six day, 49 mile Sierra Mountain mule trek that took his group up to altitudes of 9,000 feet above the Yosemite Valley. Each day's trek would end at a base camp set with heavy canvas tents and a mess hall where a chef would cook hearty meals. At age 71 the guide, Sheridan King "Grandma of Yosemite", leads weekly groups for the entire open season only taking one day per week to rest and ready herself and her mules to go back out. Larry said it was a "bucket list adventure" and that he would love to do it again but is not sure if his knees would agree. When asked what helps to keep him young Larry responded "I never grew up". 🔺

VOLUNTEER CORNER

The Value of PEP Volunteers

Thank you to all our wonderful volunteers who contribute their time and talent to PEP Housing. We appreciate everything you do! To put this in perspective, a volunteer hour in California has an in-kind value of \$27.59. With 1161.75 hours logged from January 2016 through November 30, 2016, that equates to an in-kind donation which is valued at \$32,052.69. Way to go PEP volunteers!





Thanksgiving at Vallejo St. -**The Community Gives Back**

Petaluma Elder Care Consultant Kira Reginato is one of our stellar volunteers, not only does Kira help out at PEP's Gala fundraiser each year, since last year Kira has cooked a full Thanksgiving dinner for PEP residents at the Vallejo St. properties. She does this to honor her father who resided at Vallejo St. until he passed away two years ago.

On Thanksgiving Day Kira, her daughter, Milena Reginato and friend, Marian O'Dowd served a full turkey dinner with all the fixings. They also served pumpkin pie with a piece missing in honor of her dad, because one year Kira's dad brought a pie to Thanksgiving dinner with piece missing. Thank you Kira for caring for our residents and honoring your father in such a special way.

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WINTER 2016

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