

LINC CARES



“Opening Doors to a Brighter Future”

LINC Cares Newsletter - Winter 2010

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State Farm Grant Promotes Senior Safety

With a gift from State Farm, LINC Cares hosted Disaster Preparedness Workshops at our Los Angeles County senior affordable apartment communities, SEASONS at the Hoover in Whittier, SEASONS at Redondo Beach, SEASONS II at Lakewood, and Somerset Glen Apartments in La Mirada.

Local police and fire departments, as well as volunteers from The Red Cross taught seniors valuable information about how to prepare for an unexpected disaster. Participants learned the best practices regarding medicine, glasses, social security payments, and how to contact friends and family. Each participant received a starter emergency supply kit that included items such as an AM/FM radio combo with



flashlight and siren, batteries, a whistle, water,

and non-perishable foods. Local service organizations were also available to provide resources and information. After the workshops many of them spoke with seniors about individual concerns.

“The workshops were very popular,” said LINC’s Resident Services Coordinator, Terri Guilford, “The information is really important to everyone.”

Indeed, the information made a big impression. “This workshop reassured me. I know what to do when an earthquake happens,” Diana Young, a resident at SEASONS at Redondo said, “I feel safer now.”



LINC Cares After-School Program Success

It’s common for students to experience learning losses during their summer break from school. Research has shown low-income students lose more than two months in reading achievement, despite the fact that their middle-class peers make slight gains (Cooper, et al., 2000). LINC Cares after-school programs are counteracting this unfortunate statistic. Students in our 2010 summer program not only maintained their scores on standardized tests, the majority of them (73%) increased their test scores. CONGRATULATIONS!



Thank You to our Generous Partners!

We are grateful for the support from The Ralph M. Parsons Foundation, the S. Mark Taper Foundation, and the Verizon Foundation. "The support from these foundations allows us to continue providing high quality programs to meet the needs of our low-income seniors and families," said Maria Marquez, LINC's Director of Resident Services. Thank you! 🏠



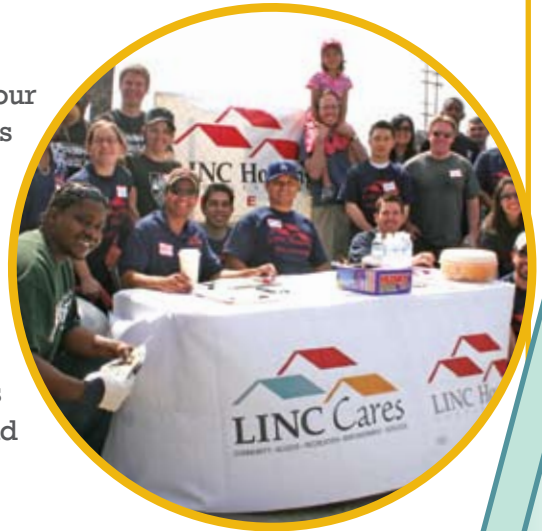
More than 10,000 volunteer hours!

LINC Cares is excited to announce that we have surpassed our 10,000th hour of volunteer service! In just a few short years, the volunteer program has become the cornerstone of our resident services programs. Volunteers also help in our corporate offices providing administrative assistance. "I'm honored to have over the years worked alongside so many outstanding volunteers," says Ian Nevarez, LINC's Volunteer Coordinator, "It's this

community support for our services that empowers LINC Housing to fulfill our mission." We are so grateful to the hundreds of people that have donated their time and resources to serve our residents. 🏠

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ALL LINC VOLUNTEER
HOURS SERVED



LINC Cares Resident Services Coordinator: Meet Terri Guilford

Terri is the Resident Services Coordinator for LINC's Senior Health and Wellbeing programs. She began at LINC as an intern from the Master of Social Work program at Cal State Long Beach. Now an employee, she manages services for the Ocean Breeze Apts in Santa Monica and SEASONS at La Palma, as well as supports our Resident Services Coordinators in the field who serve six of our senior communities.

As a social worker, Terri believes in meeting people right where they're at...literally. "LINC Cares is able to reach so many seniors because we are right outside their doors," Terri said. She remembers a touching moment with a resident during a community resource fair. "The woman struggled with understanding her healthcare benefits and it kept her from the going to the doctor. At the resource fair, she connected with an agency that could guide her. She was so grateful she cried."

Instances like these have been very rewarding for Terri. "Working with seniors can be a challenge. They are often hesitant about new ideas." Terri said, "I like the challenge. These programs are important." 🏠

Conduct your everyday internet search on behalf of LINC Housing and you will help us raise funding for our programs. Remember, the more you search, the more doors you open.

www.goodsearch.com

Donate to LINC Cares at www.linchoosing.org/linc cares
You can also help out by visiting our LINC Cares on-line store. www.cafepress.com/linc cares

GOODSEARCH



STAFF SPOTLIGHT

Janet Makes Waves at Lakewood

On a Monday afternoon at SEASONS at Lakewood, a group of seniors are gathered around tables, cutting, pasting, and getting the messages in their holiday cards just right. Buzzing around the room is Janet, the 85 year-old volunteer instructor who quickly jumps to her feet to answer students' questions. Legally blind, she squints to see their work.

Also a resident at SEASONS at Lakewood, Janet didn't initially see herself as a leader in the community. "I was kidding around with Ian at the weekly Bingo game that I wanted an art class." Janet chuckled, "I didn't realize he was LINC's volunteer coordinator!" Wasting no time, Ian Nevarez encouraged Janet to use her talents and time to serve her neighbors. "Having our residents volunteer creates strong social networks among neighbors." Ian said, "All of the dynamic programs at SEASONS at Lakewood are led by resident volunteers."

OUR FAMILY ALBUM



The year is closing fast, but you still have time to make a tax-deductible donation to LINC Cares!

Donate to LINC Cares at www.linchousing.org/contact/donate.html

Janet waited long and worked hard to find and live at this tight-knit community. Dependent on minimal Social Security payments that are not enough to afford area rents, she spent years on the waiting list for a Section 8 rent subsidy. When finally approved, the apartment options in the area were discouraging. Janet sighs as she remembers that process, "I was so grateful to find SEASONS at Lakewood. It's so beautiful here."

She is having a great time teaching the scrapbooking class and has also encouraged her friend, Jim, to teach a watercolor class. "This class has taught me that I can do anything, and I am having a lot of fun," Janet says. "The community is very important to me. We help each other out a lot." ■

FRIENDS OF LINC CARES

- Arts for Unity - Arts Programming
- Boys and Girls Club of Whittier - Activities with our Seniors
- Cal State University Long Beach - Social Work Interns/Staff Support
- Children's Nature Institute - WonderMobile
- Dance Peninsula Ballet - Senior Arts Field Trips
- Dee Hardison - After-School Program
- Long Beach Depot for Creative Reuse - Recycled Art Supplies
- Los Angeles Galaxy - Home Game Tickets
- Los Angeles Kings - Home Game Tickets
- Los Angeles Philharmonic - Hollywood Bowl & Disney Hall Tickets
- The Norris Theatre for the Performing Arts - Theater Ticket Support
- Ralph M. Parsons Foundation - LINC Cares General Operating Support
- Robert and Teri Norris - LINC Cares General Operating Support
- The S. Mark Taper Foundation - Senior Health and Wellbeing
- State Farm - Senior Disaster Preparedness Workshops
- Supervisor Don Knabe - Volunteer Program
- Theatre of Hearts - Youth First Arts Enrichment
- Uptown Whittier YMCA - Activities with our Seniors
- USC School of Social Work - Social Work Interns/Staff Support
- Verizon Foundation - After-School Program in San Jacinto and San Diego



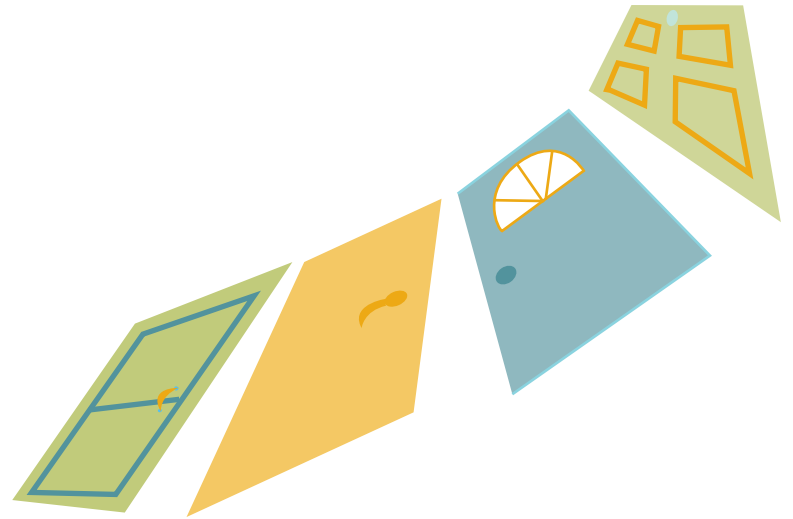
SPECIAL THANKS





110 Pine Avenue • Suite 500
Long Beach • CA • 90802

LINC Cares is the
Resident Services program of
LINC Housing Corporation



Say Cheese? Children make faces at the City Gardens after-school program.



Happy Holidays from LINC Cares!

The LINC Cares Newsletter is printed on Acid Free, Lignin Free paper, that is made with Green-e certified renewable wind energy and thirty-percent post-consumer waste.