

LINC Cares

Winter 2019

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Looking Good, Feeling Fine

Liberty Village residents look and feel their best, thanks to a new clothing closet and in-house barbershop. Both programs began soon after the Beaumont veteran community opened in late 2018, when Resident Services Coordinator Dale Wright recognized a need. "I had one resident, in particular, who kept asking if I had any shoes because he didn't really have any to wear." Dale adds, "We want to meet our residents' physical needs, in addition to their overall health."

"LIBERTY RACK" allows residents to select new, or very gently used, clothing and accessories right off the rack. "They love coming in. It's fun for them, just like a regular shopping experience, because the clothes are nice and

displayed well," Dale explains. All items are donated by local businesses and community members.

Twice per month, local barbers and stylists also volunteer their services for "LIBERTY CUTS," giving free haircuts. Residents like to watch sports while getting clipped and love the service. One resident said, "I love my stylist! This is the BEST haircut I have ever gotten!"

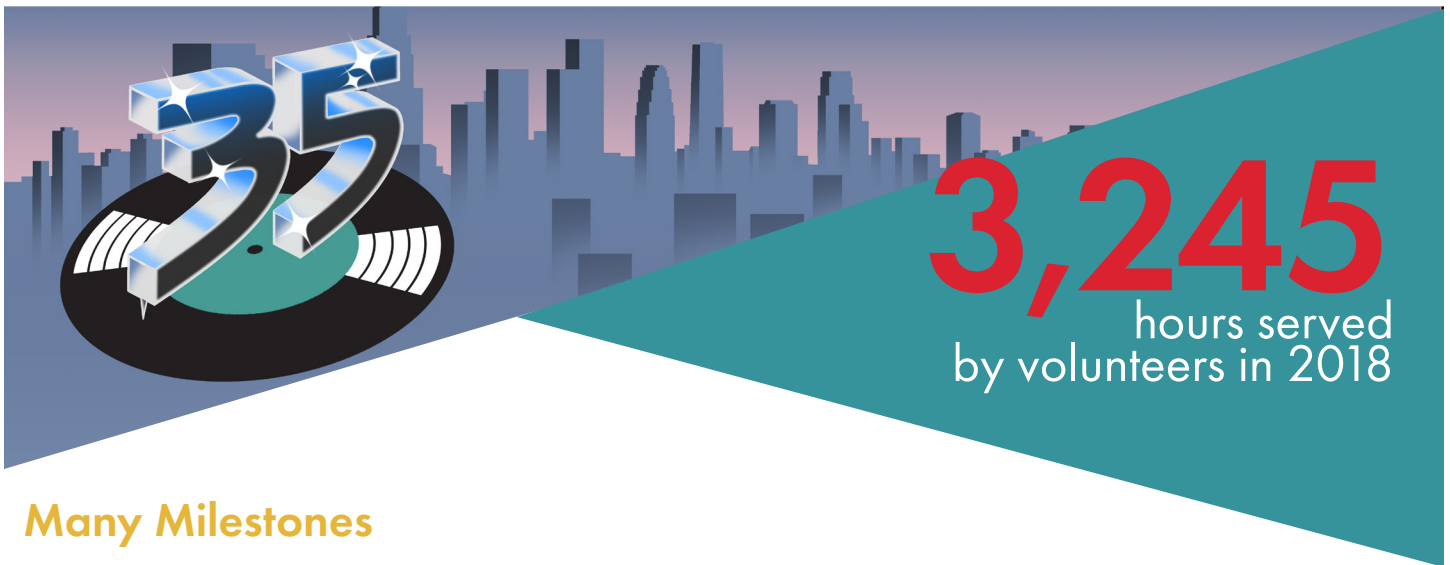
Dale plans to maintain both programs long-term, for the community's benefit, as well as his own. "The joy and excitement these programs provide, and seeing people benefit, is priceless to me."

City of Long Beach Hosts Health Workshops



Young adult residents at The Palace recently learned about health, relationships, and sexual safety in a 10-week workshop presented by the Long Beach Department of Health and Human Services. The coursework covered topics such as identifying healthy and unhealthy relationships, sexual health, reproduction and birth control, and human trafficking.

"These sessions empower residents to build strong, healthy and safe communities [that will help them] have stable housing, and achieve overall wellness and personal growth," explains Rosario Rivas, the Health Educator who provided the training. "The residents looked forward to the classes because it gave them a safe, judgment-free space to talk," says LINC staff Bernabe Valderrama. Residents were comfortable opening up to the group. "Everyone was so involved and asking so many questions, we ended up extending the workshop from six to ten weeks."



Many Milestones

A lot has changed since LINC's founding in 1984, when the median home price was \$72,400, "Thriller" was the top song, and Ghostbusters kept NYC safe. 2019 also marks the 15th anniversary of LINC Cares, giving our organization much to celebrate. This year, LINC Housing and LINC Cares will host special events and share memories to recognize all those who have helped advance our mission over the years. Make sure to follow us on social media, or learn more at www.linchousing.org/LINC35.



Staff Spotlight: Meet Bernabe!

LINC proudly introduces Bernabe Valderrama, who joined the LINC Cares team last summer. As Outreach and Community Engagement Coordinator, Bernabe supports residents at The Palace in Long Beach and manages community-building programs at several of LINC's supportive housing communities. Prior to joining LINC, he worked in youth development with foster, homeless, probationary, and at-risk youth.

Bernabe is passionate about not just housing residents, but supporting their development as they empower themselves and build community. His experience has taught him that it takes time to develop trust and uncover the layers of trauma many residents have experienced. Bernabe notes, "It's so rewarding to see our residents persevere, accomplish their goals, and succeed on their own." By organizing social, wellness, and life skills programs, from bike clubs to health classes, Bernabe helps his residents and communities thrive.

Bernabe, a Long Beach resident, plays video games, spends time with his girlfriend, and works on his car in his spare time. He earned his BA in Business Administration from DeVry University.

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Volunteer Spotlight

"I feel like I'm stopping by a friend's house..."

A Love of Movies

Alan's decision to volunteer came in 2012 when his grandfather moved into an assisted care facility. Alan saw how older residents benefited from additional loving care and attention, however, he couldn't volunteer at his grandfather's community. "I still wanted be useful. So, I chose to volunteer with LINC Cares and host a monthly movie night." For almost seven years, Alan has shown movies at SEASONS at Redondo Beach, a senior affordable housing community. He adds, "I put a lot of effort into picking a movie that residents would like." Two community favorites have been Life of Pi and Grand Budapest Hotel. Alan has shared a lot of laughs and memories with residents over the years, and they've watched nearly sixty movies altogether. "I feel like I'm stopping by a friend's house... [it's] not really like I'm working." Thanks, Alan, and pass the popcorn!

Lupe's Story: Safe Housing and a Future

Guadalupe was experiencing homelessness when she and her children (then aged one and three) moved into Mosaic Gardens at Huntington Park (MGHP) in 2015. "Lupe," a single mom who was not working or attending school at the time, enrolled in LINC Cares' Roots of Success, a 12-week environmental literacy and work readiness program. She then successfully completed LINC's Job Readiness Program.

In 2016, Lupe took a big step by enrolling in East Los Angeles College's Emergency First Responder certification program. "It was stressful because I needed to figure out what I wanted to do, speak to my counselor, and take my assessments. It was a lot to do and think about," she remembers. The LINC Cares team supported Lupe throughout the 18-month program, helping her access resources and providing encouragement to help her meet her goals. "LINC helped when I wanted to give up, when it was too much."

After receiving her certification in 2018, Lupe accepted a full-time position at a convalescent home. Even though she loves her new job, Lupe is already planning her next move. "I am looking forward to becoming a firefighter or paramedic. And my kids say they want to be police officers." Jorge Ventura, MGHP's Resident Services Coordinator, finds inspiration in Lupe's determination. "What a pleasure to see Lupe learn, grow, and thrive. She is an example of the success and personal growth stable housing can promote." Jorge added, "I can't wait to see the next goals she sets for her family and herself."

Resident Spotlight



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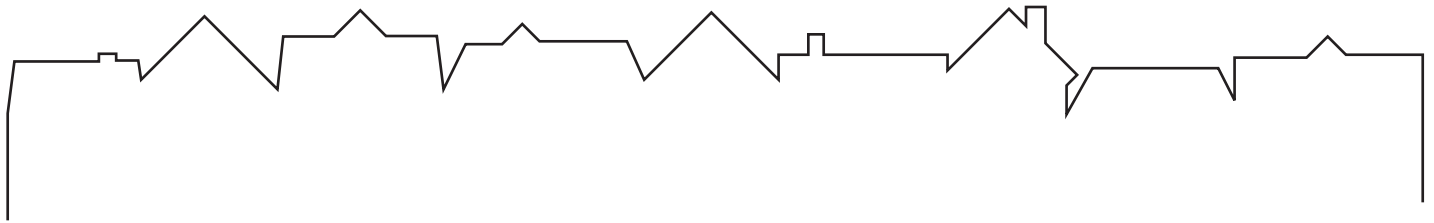


@LINC_cares



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www.linchoosing.org/linccares

LINC Cares is the
Resident Services program of
LINC Housing



Diamond Street Apartments in Anderson welcomed new residents with dinner, games, balloons and storytelling!

“Opening
Doors to a
Brighter Future”



Mission

LINC Cares provides dynamic services to enhance the lives of families, seniors, and people with special needs who live in our communities.

Volunteer

Looking to serve the community?
Contact Asia Bogan to explore individual or group volunteer opportunities!
abogan@linchoosing.org

Donate

Your one-time donation or recurring gift allows LINC Cares to continue life-changing programs.

www.linchoosing.org/donate