

Summer 2018

# Transforming Lives Through Affordable Housing

## Letter from the President

Good Shepherd Housing Supporters,

We believe that the well-being and success of the entire family matters. Housing is a key component in any family's journey to a more prosperous life. That's why, for the past forty-four years, Good Shepherd Housing (GSH) has taken great pride in providing our resident families with safe, suitable, high-quality and affordable rental housing.

Financial independence and resiliency are essential for the success of our families and, for that reason, we make sure that the residents living in our housing learn strong budgeting and financial management skills. We give them and their children supportive services that truly make a difference in their lives.

Good health is another key to success for our families. Good health means that individuals are able to work more consistent and regular hours as work absenteeism is reduced. Good health also means that children are less frequently out of school for reasons of illness, allowing their academic performance to trend upward.

A steady paycheck means the rent will be paid on time. The resident family will no longer have to worry about an eviction or homelessness. They will have earned long-term housing stability.

In this newsletter, you'll read about the powerful connection between good health and housing stability. With the help of GSH, these residents all overcame a health setback and, by doing so, secured their housing for the long term.

Will you help us ensure that families with health-related issues do not lose their housing? Every gift, no matter the size, has an impact.

Appreciating all you do for GSH, our resident families and their children,



David Levine



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### Save the Date

**October 3 at 11:00am**  
Annual Golf Outing  
Old Hickory Golf Club,  
Woodbridge

**October 27 at 7:00pm**  
Windows into Wonderland  
GSH Gala 2018  
Westin Alexandria



## Good Shepherd Housing

### Mission

The mission of GSH is to reduce homelessness, increase community support, and promote self-sufficiency.

### Board of Directors

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*Community Case Manager*

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*Community Case Manager*



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## The Link Between Housing Instability and Health

The connection between safe and suitable housing and strong health outcomes has been well documented. Once securely housed, families are able to turn their attention to other basic human needs.



As one example, it might mean that the school-aged child in the family will remain anchored to a neighborhood school. Just by feeling more rooted to that school, the child will become more invested in school success and achievement. School success, in turn, can break the cycle of multigenerational poverty.

In a new report by researchers at Boston Medical Center, the authors show what can happen when a family is not secure in its housing. The stress of always having a depleted checking account, or not having a safe space to call home, can have deleterious effects on one's body and mental health.

In a study of 22,234 low-income families, it was found that the caregivers of young children experience negative health effects at twice the rate of those in stable housing. Pre-school children in these families had a 20 percent increased risk of hospitalizations and a more than 25 percent increased risk of developmental delays.



The study points to the effect that stable housing has in reducing stress. Housing is by itself a counter-stressor for many low-income families. One of the researchers noted that "A stable home is the foundation to thrive. It is important for us to start thinking about creating more of that foundation...".

Housing is crucial for so many lifelong outcomes. It is a foundational part of a good life.

*"The more you look into health and health inequalities, you realize that a lot of it is not due to a particular disease - it's really linked to underlying societal issues such as poverty, inequity, [and] lack of access to housing."*

**Helene D. Gayle**

## 2018 Giving Breakfast

It was great to see so many familiar faces, and even some new ones, at our Annual Giving Breakfast on April 26 at Belle Haven Country Club. We hope that you enjoyed learning more about our programs, and hearing from our keynote speaker, Katie Leonard, and special guest Supervisor Jeff McKay. Thanks to your generous support, we were able to raise **over \$35,000** at the event!



## Helping Residents Get Back On Their Feet

The GSH Health Fund is specifically designed to provide financial assistance toward rent and utility support to residents who have experienced a loss of income due to medical conditions. This includes individuals who have undergone surgery, are fighting a chronic illness, or providing care for an ill family member.



*John was injured in an accident on his way to work, when a distracted driver in an SUV collided with his smaller sedan. He suffered a broken leg and was unable to drive, or carry out his duties at work. Unfortunately, he had no sick leave available and was forced to take leave without pay while he recovered. Our Health Fund was able to provide financial assistance, enabling John to pay his rent and utilities so that he could focus on his recovery.*

## A Story From The Heart

One of the young families living in our housing found themselves falling behind financially after their toddler son was admitted to hospital following some health concerns. The diagnosis was not a good one - surgery was required to repair a defect in the little boy's heart.

Days spent in the hospital before and after surgery, and caring for their son at home during his recovery led to a loss of hours at work for both parents. The family was struggling to keep their heads above water, and were unable to come up with enough cash to pay their rent.

Through our Health Fund, GSH (in conjunction with other local organizations) was able to provide assistance with three months of their rent payment, ensuring the family did not lose their home.

The surgery went as planned, and the son's condition has since improved immensely!



Don't be late,  
a night of WONDER awaits!



Join GSH at our 2018 Gala  
WINDOWS INTO WONDERLAND



October 27, 2018  
The Westin Alexandria



#### Contact Us

##### Office Address

8305 Richmond Highway, Suite 17B  
Alexandria, VA 22309

##### Mailing Address

PO Box 15096  
Alexandria, VA 22309

##### Contact

Phone: (703) 768-9404  
Fax: (703) 768-9419  
E-mail: [info@goodhousing.org](mailto:info@goodhousing.org)  
Website: [www.goodhousing.org](http://www.goodhousing.org)

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