



TLCS, Inc.
April, 2015



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Stories of Hope-Chao's Journey



Chao suffers from serious and persistent mental illness. He has ongoing delusions and chronic, debilitating depression. Chao is Hmong. He was born in Laos and escaped to Thailand when he was 2, along with his sister. He and his sister were moved to the US when he was six, his sister was married off at the age of 12 and he has never seen her or his parents again. Chao endured years of severe emotional and physical abuse the entire time growing up. His childhood was traumatic and tumultuous. He has suffered from polysubstance abuse, although has been in recovery for years, and copes with symptoms of schizophrenia. When he first entered our Palmer Apartments Interim Housing program he slept each night in the closet because he was so afraid. With the support of his case manager and our psychiatric team at New Direction, he moved to the Bell Street co-op where he made friends and participated fully in activities such as the Volunteer Committee that goes out into the community and volunteers at other non-profits such as River City Food Bank and Loaves & Fishes. Through his ongoing recovery, he is also attending Sac City College. After being diagnosed last year with diabetes, often a side effect of psychiatric medication, he made a decision to embrace the onsite cooking classes and has begun cooking healthy meals for himself and often his roommate. He is walking everywhere now and has lost 35 pounds. In September, he volunteered on the United Way Day of Caring to help plant trees at Palmer, the very place he used to sleep in the closet. On this day, he was not only hard at work planting trees; he helped conduct a tour of the property for the community volunteers from Wells Fargo and the California Highway Patrol. His enthusiasm and kindness of spirit was contagious. Many of the staff at TLCS remember when Chao would not speak to anyone and the person we see today is happy, safe and secure in his new, independent home at the Hotel Berry.

WIN Tickets to the US Senior Open TROPHY STOP TOUR

Big Day of Giving EVENT

WHERE: 3737 Marconi Ave. Sacramento, CA 95821

WHEN: **Tuesday May 5, 2015 3:00-5:30pm**

WHAT: Make a donation to TLCS and spin the prize wheel
For \$100 donation chance to win a pair of Trophy Club Tickets, For all donations spin for a chance to win Any Day Tickets and programs.

TAKE YOUR PHOTO WITH THE TOUR TROPHY!



June 22-25, 2015



GIVE ONLINE TO WIN! The first 3- \$500 donors will win a pair of TROPHY CLUB TICKETS
The first 5 \$100 donors will win a pair of ANY DAY TICKETS.

READY SET DONATE! Starting at Midnight on May 5!

Giving Forward...a Chain of Generosity

- A gift of \$25 buys cleaning supplies, a set of towels, a blanket or pots and pans
- A gift of \$50 buys sheets, pillow and blanket
- A gift of \$200 buys a bed, delivered and set up
- A gift of \$500 will buy furniture for an apartment
- A gift of \$1000 will furnish and equip an entire apartment

Having a safe, affordable place to call home is the first step towards successful community living.