

TLCS, Inc. April 28, 2014

“Transforming Lives By Promoting Successful Community Living For People with
Psychiatric and Other Disabilities”



BIG
DAY OF
GIVING
MAY 6

24 HOURS
TO GIVE
WHERE YOUR
HEART IS



Sameerah's Story

My name is Sameerah and I have been volunteering at the SRO service center working with the Downtown Senior Outreach Project (DSOP) for 3 ½ years. I, myself am a resident of the YWCA and lived previously at the Sequoia Hotel. I believe that God needs me here. I run the food pantry and sometimes work the front desk. Many of our older members or those who can't get around much on their own need extra help. I make up food bags for them every week and deliver them to residents at the Shasta, Sequoia and Marshall. I know what they like and need so I make up "special diet bags". I took this upon myself because so many people try to hustle the vulnerable, ain't no reward in that! The way I see it, God gives me everything I need but some-day I might need some help and God will bring some-one like me. In so many ways, this place has saved me. My story starts with a loving family. My mom taught me about homemaking and my dad taught me about hard work. I took care of my mom until she



passed away. The grief I experienced 7 years ago was too much for me. The "cracker really came off the cheese". I think the symptoms of my mental illness were always there but I used the energy to get things done. When I lost my mom, things got out of control for me. I was always the "recycling queen" but I became compulsive about it. I relapsed after being 10 years clean. I started my road back at TCORE. Today, I am working again, volunteering here, playing with and helping out my 14 grandkids and taking some educational courses in the community. I am still the recycling queen but I don't have to recycle EVERYTHING! I hope to go back to school soon. I am a hard worker. In the past I went through Job Corps and worked as a maintenance person and landscaper and really love to work outside. I can fix most things around here when they break. I am the eldest of my clan now. I look out for my siblings too. I was able to help my brother Kareem get some help here. He has just completed his fork lift certification and volunteers here too! Volunteering helped me learn a lot about myself. I believe that Karma begets Karma and the way I see it, God gives me everything I need but someday I might need some help and God will bring someone like me.



"Here at the SRO service center on "J" Street in downtown Sacramento, we serve individuals that are isolated and alone, homeless or living in the Single Room Occupancy Hotels. This program could not run without dedicated volunteers like Sameerah." Older Adult Case Manger, Shona Guider