

From: [TLCS, Inc.](#)
To: [Erin Johansen](#)
Subject: TLCS Stories of Hope November Newsletter
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NEW LOGO

TLCS, Inc.
November, 2013



***"Transforming Lives By Promoting
Successful Community Living For People
With Psychiatric and Other Disabilities"***



Message from the Executive Director

We're just days away from our big Stand Up Sacramento Comedy Showcase, Tuesday night, December 3rd at Sacramento's Crest Theatre. Have some great laughs and support a wonderful organization! Tickets are available from TLCS staff, the Crest Box Office or [click here](#) to purchase online. We're grateful to everyone who has supported this event, and to all who have contributed to our various fundraising appeals!

Long-time TLCS followers have noticed something different in our mailings and materials. It's our new logo! Out with the old, and in with the new! Thanks to a lot of staff input, and the professionals at Sacramento Design Network, we have a more contemporary look that still reflects our housing, but also the upward path to independent living. And perhaps most importantly, it also contains our name!

Which brings me to another change you've been seeing. Even though our full name had been Transitional Living & Community Support, most of our housing is permanent, and the majority of people know us simply as TLCS. So, we have legally changed our name to TLCS, Inc.! Simple and to the point. Or, as Sacramento County Supervisor Phil Serna recently said at a TLCS event, "I think of TLCS as Tender Loving Care for Sacramento!"

The final piece of our visual changes will come in the next few weeks as we launch our totally redesigned Website. Look for it at www.tlcssac.org.

Michael Lazar, Executive Director

Stories of Hope

"Judy" TLCS Client, Hope Line Manager

I left my job and my cute cottage in Mill Valley, CA. I was having a "melt down." It was 2007 and I didn't know what I was going to do. I was totally incoherent at that point. I left everything behind except my purse and the clothes on my back; I hitchhiked from Mill Valley to Sacramento. I thought my daughter would be glad to see me, however, when I got to her house she refused. I asked her husband to take me to Capital Park so, he dropped me off there and I lived on a park bench for a week. One day I was sleeping on the grass in front of then Gov. Schwarzenegger's office when the sprinklers were turned on and a nice CHP officer asked if I wanted to go to the County Mental Health and I said, "YES!" My journey has been a long one; however I have never given up that little ray of hope that is buried down deep inside me. Before I received housing, I was dirty and stinky, had nothing to eat, had no self-respect and yet, I had hope! Now that I have permanent housing my self esteem has gone through the roof. I absolutely love my apartment and fixing it up. I have learned never to give up hope. I worked very hard but now I feel safe and comfortable at Folsom Oaks.

I have met my #1 goal and that was to get permanent housing and my own apartment. I have set 2 new goals: #1 To go back to work part time and #2 To buy a low income small house in Folsom.

I thank TLCS everyday for my beautiful apartment. Oh, by the way, when I was living at Bell Street I reconnected with my daughter at the Staff's encouragement and to this day we are really close. She loves my apartment and is thankful for TLCS too.

BUY YOUR TICKETS NOW!

TLCS Presents:

"Stand Up Sacramento"

Comedy Showcase

"Giving Tuesday" December 3, 2013 5:30pm

at **The Crest Theater 1013 K Street**

For Sponsorship or ticket information:

please call Erin Johansen (916) 441-0123 x 115

or email: ejohansen@tlcssac.org

[Click Here For Tickets](#)

General Admission: \$20 **VIP:**\$100
(includes food, beverages and silent auction.)

We are grateful to these hilarious comedians for donating their time and talent and to all our sponsors for making this event happen!

GIVE LOCAL NOW!

Stand Up Sacramento is a great opportunity to "Give Where Your Heart Is.". After Black Friday, Small Business Saturday and Cyber Monday come out and support our efforts to prevent homelessness by serving those with psychiatric disabilities right

here in Sacramento!

An Opportunity To Give Local and Buy Local

On Thursday, December 6, 2013 from 6-9pm Scout Living will be donating a portion of the proceeds from their semi-annual sale to TLCS. TLCS is grateful to Stephan and Erin Bloom for supporting our community!



Antiques Modern Vintage Design
1215 18th Street
Sacramento, CA 95811

DID YOU KNOW?

Stress and depression can ruin your holidays and hurt your health
Tips to prevent holiday stress and depression from The Mayo Clinic:

1. **Acknowledge your feelings.** You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events.
3. **Be realistic.** The holidays don't have to be perfect or just like last year.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.
6. **Plan ahead.**
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
8. **Don't abandon healthy habits.**
9. **Take a breather.** Make some time for yourself.
10. **Seek professional help if you need it.**

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