President’s Message by Bill Hooper

Happy New Year!

I am proud to report your Kiwanis Family House project is working very efficiently and under Executive Director Dan Germain’s leadership, we are making continuous improvements. July 2014 will mark the beginning of our 30th year of 24/7 operations, and you’ll want to be ready for a terrific celebration on Saturday, June 21, 2014, at the Alumni Center at the California State University of Sacramento. It is located at 6000 J Street, Sacramento, CA 95819.

Last year’s Kiwanis Family House annual birthday celebration at Shriners Hospital was a great success, so we have moved to another nice venue that is a little larger so we can accommodate even more of our outstanding supporters. Most of last year’s vendors are eager to return, so we can promise great wine and food as we celebrate our successes and thank our patrons. Please mark your calendar for June 21, 2014, as we celebrate our next Evening with the Stars of the Kiwanis Family House.

It is also time for our 22nd Annual Red and White Ball which will be held at the Dante Club on Saturday Feb. 15th. The Dante Club is located at 2330 Fair Oaks Boulevard, Sacramento, CA 95825.

The social hour will begin at 6:00 p.m. and dinner will start at 7:00 p.m. We are planning to have a band this year as well as a photo booth.

Many of us like to dress up for this event, but business casual or a suit is fine if you do not want to break out the tux. This is a wonderful way to enjoy Valentine’s Day with your sweetheart and/or your family. The Dante Club has increased the minimum we must have at this event, so please make every effort to attend and let ticket chairs Donna Miller (Carmichael Club, 916-541-4643) and Rita Beall (Greater Sacramento Club, 916-549-1354) know how many you can bring to the Ball and they will send out tickets.

Clubs are encouraged to send out tickets. (Continued on page 7)
Important Dates

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Kiwanis Family House Board meetings</td>
<td>2875 50th Street, Sacramento, CA 95817</td>
</tr>
<tr>
<td></td>
<td>Second Thursdays 7:00 pm</td>
</tr>
<tr>
<td>2014</td>
<td>2014</td>
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<tr>
<td>Jan 9</td>
<td>Annual Meeting</td>
</tr>
<tr>
<td>Feb 13</td>
<td>June 28th</td>
</tr>
<tr>
<td>Mar 13</td>
<td>11:00 a.m.</td>
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<tr>
<td>Apr 10</td>
<td>Lunch will be served</td>
</tr>
<tr>
<td>May 8</td>
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</tbody>
</table>

Save the date
These benefit our Family House:
- Feb. 15th Red & White Ball
- Apr. 24th Creelman-Francisco Classic
- Apr. 26th Kiwanis Day at Sacramento River Cats
- June 21st Evening with the Stars of our Family House

House Talk is a monthly newsletter published by the Kiwanis Family House, Inc. 2875 50th Street, Sacramento, CA 95817-2308. (916) 736-0116. Website: www.kiwanisfamilyhouse.org

The Kiwanis Family House is a 501 (c) 3 organization incorporated by in the State of California and recognized by the IRS.

Board of Kiwanis Family House
President: William (Bill) Hooper (2014)
V.P. George MacMurphey (2016)
Secretary Rita Beall (2016)
Treasurer Matthew J. Wehner (2014)
Director Del Avants (2014)
Director Karen Borman (2014)
Director Bernard Bowes Jr. (2015)
Director Emily Chirk (2014)
Director William (Rick) Dwyer (2015)
Director Bob Isaacs (2016)
Director Daniel Saulisberry (2015)
Past President William (Rick) Dwyer
UCDMC Liaison J.P. Eres III
Editor John W. Seigal

House Talk is published monthly and sent to supporters and owners of the Kiwanis Family House Inc. The editor is solely responsible for the content. It is the intent to be 100% accurate. Articles labeled as Editorial represent the opinion of the editor and may not represent the opinion of the Kiwanis Family House, the board, or Kiwanis International. The address of the editor is P.O. Box 1131 Sloughhouse, CA 95683-1131 or email: jwseigal@sbcglobal.net

Would you donate 3% of your supermarket shopping to our Kiwanis Family House?
It is simple as 1-2-3
1. Do you shop at Save Mart, Smart, Food Maxx or Lucky Supermarkets?
2. If so scan your S.H.A.R.E.S card and the house gets a percentage. You still get the great sale prices and the rest.
3. If you do not have a card contact editor (page 12) and send your name and USPS mailing address. Editor will send you a S.H.A.R.E.S. card by return mail!
   Scan the S.H.A.R.E.S. card each time you shop!

Kiwanis Family House
Mission Statement
"The mission of the Kiwanis Family House is dedicated to providing housing and support to families of seriously ill children and adults being treated at University of California, Davis, Sacramento."

Subscription information about House Talk
- House Talk is the official publication of our KFH.
- Each Sponsor Club is emailed a copy to the designated Kiwanian.
- If you are interested in receiving the House Talk via email visit our website at: www.kiwanisfamilyhouse.org and enter your email address on the lower left-hand corner where it says "Sign Up For Our Email Newsletter".
- If you wish to receive it by US Postal Service contact Editor on page 12.

Donate a brick!
The memorial bricks cost $100 each. The lettering grid is 15 spaces across and three rows deep.
Donate them for birthdays, anniversaries, memorials, sponsored organizations, past presidents, honorary members, and more.
They are memorials and last longer than plaques and seen by more people.
The bricks are installed in the courtyard of our Kiwanis Family House.
For more information see website or contact editor. See page 12.

Visit us at:
- Feb. 1st Kiwanis Cal-Nev-Ha District Mid-year South Conference, Garden Grove/Anaheim California Hyatt Regency Orange County
- Mar. 1st Kiwanis Cal-Nev-Ha District Mid-year North Conference, San Ramon Marriott, San Ramon, California
- Aug. 14-16 Kiwanis Cal-Nev-Ha District Convention, San Diego, California Town and Country Resort & Convention Center

www.kiwanisfamilyhouse.org
Whenever we calculate a mathematical average, we learn that a typical family stay at our Family House is three or four days. But notably, Kiwanis Family House policy does not limit the duration of any family’s stay and we always seem to have a few folks with us for several months in support of extended hospitalizations.

We have previously featured the young mother of triplet girls from Senegal who has been our guest since June. It looks now as though she will check out in January, ending a six-month stay.

A Redding cancer patient is staying at our Family House for two months while he receives treatments.

A young father and his year-old daughter from Red Bluff checked into the Kiwanis Family House on December 12 with a 30-day referral in hand. Their pregnant wife/mother is carrying a baby that has little prospect for living outside the womb.

After briefly agonizing over a few horrible options, these young parents have decided to “let baby live as long as baby lives.” These family members dealing with medical crisis may very well be our guests until April.

Much of the pride we take as one of Kiwanis’ signature programs is rooted in our ability to be here for as long as a family needs our services and support. While this is clearly an admirable attribute, it also emerges as one of our most formidable financial challenges. Because the majority of these longer-term guests are likely to endure severe monetary constraints while also dealing with medical adversity, they disproportionately impact the Sponsor-a-Family (rent relief) dollars we receive from our donors to ensure Kiwanis can serve low-income families, whether their stay is short-term or much longer.

Dan Germain (916) 736-0116  
dgermain@kiwanisfamilyhouse.org

Donations pay for those families who cannot afford it, or supplement families who can only make partial payments.

We never turn away deserving families for lack of payment.

Send in your donation. It is $50@night. Send check or your credit card number with expiration date (Visa, MasterCard, and American Express only).

Mail to Kiwanis Family House, Inc. 2875 50th Street Sacramento, CA 95817-2308 or call us.

It is the source that keeps us in operation! It is that important!

YouTube is a video-sharing website. It was created in 2005 by three former PayPal employees: Chad Hurley, Jawed Karim, and Steve Chen in February 2005.

It has been owned by Google since late 2006.

To find stories about our Kiwanis Family House go to:  
www.youtube.com
Then in the search window, type in Kiwanis Family House.

You will find about a dozen of video stories about our Kiwanis Family House.

You can read about what our Family House does.

You can have friends give testimony about our Family House because they have volunteered at the house. But none can tell you a better story than the families who have stayed there. Look for those stories.

Current videos:

- Kiwanis Family House News December Edition
- The History of the Kiwanis Family House
- Kiwanis Moment
- Jennifer and Erica’s Story
- Kiwanis Family House, The Duff Family

This site is updated on a regular basis with new stories about the people and families we serve.

Save the date!  
Evening with the Stars of the Kiwanis Family House  
Saturday  
June 21, 2014  

www.kiwanisfamilyhouse.org
Kiwanis Family House, not in my backyard!

Report #139
Since October 1, 2001 to October 31, 2013, (the effective dates of this report), 13,482 families have stayed one or more nights at our Kiwanis Family House while being treated at UCDMC and Shriners Hospital for Children®.

This report covers over 12 years. Previous to October 1, 2001 the reports were tabulated in a different format.

Our KFH has hosted 1,032 families from outside Cal-Nev-Ha District (California, Nevada, and Hawaii). These 1,032 families come from:
- Alabama
- Missouri
- Arizona
- Nebraska
- Arkansas
- New Hampshire
- Colorado
- New Jersey
- Connecticut
- New Mexico
- Delaware
- New York
- District of Columbia
- North Carolina
- Florida
- Ohio
- Georgia
- Oklahoma
- Idaho
- Oregon
- Illinois
- Pennsylvania
- Indiana
- South Carolina
- Iowa
- South Dakota
- Kansas
- Tennessee
- Kentucky
- Texas
- Louisiana
- Utah
- Maine
- Vermont
- Maryland
- Virginia
- Massachusetts
- Washington
- Michigan
- West Virginia
- Minnesota
- Wisconsin
- Mississippi
- Wyoming

Also, there have been families from:
- Belgium
- Brazil
- Canada
- England
- Federated States of Micronesia
- Guatemala
- Haiti
- Israel
- Italy
- Mexico
- Netherlands
- New Zealand
- Pakistan
- People’s Republic of China
- Republic of Palau
- Serbia
- Taiwan
- Uruguay
- Venezuela
- Wales

Division 7 and Division 44 are considered the “host” divisions. Families living within 35 miles of UCDMC are not eligible to stay at our KFH.

Aren’t you glad that there is your Kiwanis Family House in Sacramento, California?

<table>
<thead>
<tr>
<th>Div.</th>
<th>Lt. Gov.</th>
<th>Families</th>
<th>%</th>
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<td>3,791</td>
<td>28.12%</td>
</tr>
<tr>
<td>14</td>
<td>Greve</td>
<td>1,412</td>
<td>10.47%</td>
</tr>
<tr>
<td>45</td>
<td>Dove</td>
<td>995</td>
<td>7.38%</td>
</tr>
<tr>
<td>27</td>
<td>Cantu</td>
<td>916</td>
<td>6.79%</td>
</tr>
<tr>
<td>46</td>
<td>Smith</td>
<td>789</td>
<td>5.85%</td>
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<tr>
<td>44</td>
<td>Blair</td>
<td>768</td>
<td>5.70%</td>
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<tr>
<td>20</td>
<td>Hauser</td>
<td>535</td>
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</tr>
<tr>
<td>23</td>
<td>Benedetti</td>
<td>516</td>
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</tr>
<tr>
<td>8</td>
<td>Lewis</td>
<td>387</td>
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</tr>
<tr>
<td>32</td>
<td>Carter</td>
<td>368</td>
<td>2.73%</td>
</tr>
<tr>
<td>5</td>
<td>Federico</td>
<td>261</td>
<td>1.94%</td>
</tr>
<tr>
<td>7</td>
<td>Jaquez</td>
<td>245</td>
<td>1.82%</td>
</tr>
<tr>
<td>26</td>
<td>Davila-Luevano</td>
<td>190</td>
<td>1.41%</td>
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<tr>
<td>18</td>
<td>Pineda</td>
<td>169</td>
<td>1.25%</td>
</tr>
<tr>
<td>12</td>
<td>DeLeon</td>
<td>136</td>
<td>1.01%</td>
</tr>
<tr>
<td>34</td>
<td>Menafra</td>
<td>134</td>
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<tr>
<td>36</td>
<td>deBourguignon</td>
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<td>2</td>
<td>Lucas</td>
<td>116</td>
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<tr>
<td>38</td>
<td>Skidmore</td>
<td>77</td>
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<tr>
<td>47</td>
<td>Burns</td>
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<tr>
<td>43</td>
<td>Bowen</td>
<td>47</td>
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<tr>
<td>28</td>
<td>MacHott</td>
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<tr>
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<td>Ward</td>
<td>38</td>
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<tr>
<td>29</td>
<td>Huseth</td>
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<tr>
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<td>Lewis</td>
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<td>11</td>
<td>Rosas</td>
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<td>Carter</td>
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<td>Pierscionek</td>
<td>24</td>
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<tr>
<td>22</td>
<td>Yamamoto</td>
<td>24</td>
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<tr>
<td>24</td>
<td>Grimm</td>
<td>23</td>
<td>0.17%</td>
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<tr>
<td>31</td>
<td>Jackson</td>
<td>21</td>
<td>0.16%</td>
</tr>
<tr>
<td>15</td>
<td>Roberts</td>
<td>19</td>
<td>0.14%</td>
</tr>
<tr>
<td>16</td>
<td>Hyland</td>
<td>19</td>
<td>0.14%</td>
</tr>
<tr>
<td>1</td>
<td>Lim</td>
<td>18</td>
<td>0.13%</td>
</tr>
<tr>
<td>4</td>
<td>Ferguson</td>
<td>16</td>
<td>0.12%</td>
</tr>
<tr>
<td>30</td>
<td>Barry</td>
<td>14</td>
<td>0.10%</td>
</tr>
<tr>
<td>37</td>
<td>Bell</td>
<td>13</td>
<td>0.10%</td>
</tr>
<tr>
<td>10</td>
<td>Arnold</td>
<td>12</td>
<td>0.09%</td>
</tr>
<tr>
<td>25</td>
<td>Cox</td>
<td>10</td>
<td>0.07%</td>
</tr>
<tr>
<td>35</td>
<td>Davis</td>
<td>9</td>
<td>0.07%</td>
</tr>
<tr>
<td>13</td>
<td>Cierpiszewski</td>
<td>8</td>
<td>0.06%</td>
</tr>
<tr>
<td>19</td>
<td>Love</td>
<td>2</td>
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</tr>
<tr>
<td><strong>Totals</strong></td>
<td>13,483</td>
<td><strong>100.0%</strong></td>
<td></td>
</tr>
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</table>

Neighborhoods...
not numbers!

The column to the left mentions numbers, where our guests are from, codified by Kiwanis Divisions.

This article defines our guests from their neighborhoods during the month of November 2013. The number in parentheses is the number of families.

Mexico
- Fracc. Paseos
- Arizona
- Higgison

California
- Alturas (2)
- Anderson (2)
- Angels Camp
- Arcata
- Bishop
- Burney
- Canby
- Cathedral City
- Chico (3)
- Corning
- Cottonwood
- Crescent City (2)
- Diamond Springs (3)
- Dixon (3)
- Etna
- Foresthill
- Fort Jones
- Fresno (2)
- Galt (4)
- Garden Valley
- Gerber
- Grass Valley (5)
- Greenbrae
- Hoopa
- Lakeport (2)
- Lemoore
- Lewiston
- Madera (2)
- Magalia
- Mammoth Lakes
- Manteca
- Marina (2)
- Marysville (4)

(Continued on page 5)
Kiwanis Family House
January 2014 Wish List
Our Kiwanis Family House always has a Wish List of items that are needed. Perhaps you might want to add an item for our Family House when you are shopping. You might find it more convenient to mail us a check so we can do the shopping for you. The check fits easily in an envelope.

Indicate on the memo line as to what wish list item the check is intended for.

Mail to:
Kiwanis Family House
2875 50th Street,
Sacramento, CA 95817

You also deliver the items to us or call us at (916) 736-0116 to arrange for a pick up.

January Priorities
For Guest Rooms:
- Mattress Pads (for twin beds)
- Unscented Kleenex® or comparable tissues

Personal Care Items:
- Travel size shampoo
- Travel size conditioner
- Travel size soap

Guest Comfort
- We need movies in DVD format (no exercise videos).

Other Essentials
- Adult wheel chair in good working order.
- Banker Boxes for record storage.
- Postage Stamps (Forever variety)
- Cash Donations for Laundry Room and the new telephone system.

Because of your previous donations, we do not need: paper towels, cloth towels (for guests), bleach, nor other cleaning supplies

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Hau'oli Makahiki Hou

Hau‘oli Makahiki Hou! Happy New Year, from the Kiwanis Club of Kaneohe, Hawaii.

Shown above is the President of the Kiwanis Club of Kaneohe, Geoffrey Tashiro. He is holding a recent issue of House Talk.

To the right is Calvin Hara. Calvin has served on the board of our Kiwanis Family House, and before he moved to Hawaii, he was the Vice President of the Family House board.

To the far right is Kiwanis Lt. Governor Division 22, Neil Yamamoto

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Neighborhoods...not numbers! (Continued)

(Continued from page 4)
- Mendocino
- Modesto
- Murrieta (3)
- Nevada City
- Oakdale
- Oroville (2)
- Palermo
- Paradise (2)
- Paynes Creek
- Redding (11)
- Roseville
- San Francisco
- San Lorenzo (4)
- Santa Rosa
- Shasta Lake (5)
- Smith River (2)
- South Lake Tahoe (4)
- Stockton (6)
- Susanville (2)
- Tahoe City
- Templeton
- Tulare
- Tulelake (4)
- Visalia (2)
- Willow Creek
- Willows
- Yreka
- Idaho
- Moscow
- Illinois
- Tinley Park
- North Carolina
- Burnside
- Nevada
- Carson City (3)
- Dayton (2)
- Gardnerville
- Minden
- Reno (5)
- Sparks (2)
- New York
- Brooklyn
- Oregon
- Grants Pass
- Klamath Falls
- Medford
- Washington
- Aberdeen
- Yakima
- Wisconsin
- Mequon

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Postage going up!
Help us now!
The United States Postal Service recently announced price changes, including an increase in the price of First-Class Mail.

Single piece letter will increase from 46 cents to 49 cents.

The new rate is effective Jan. 16, 2014.

Here is how you can help our Kiwanis Family House, now and increase the value of your donation by 7 percent.

Our Family House uses stamps to mail (no postage meter).

Donate the current first class stamps (marked "Forever") at the current cost of 46 cents each.

Then when the rate kicks in, the "Forever Stamps" still work, but the value increases to 49 cents.
Janus as in January (continued)

(Continued from page 1)

“As 2013 draws to a close we count our blessings here at the Kiwanis Family House:

- **Charley Bussey** coming on board as Operations Manager;
- The **Reverend Ronald Beams** joining as our volunteer Chaplin;
- The ongoing volunteerism with hundreds of hours donated by K-Family members and community minded organizations and individuals;
- The amazing financial support from so many directions keeping us financially sound;
- The great job our Executive Director **Dan Germain** continues to perform.

“My wish for 2014 is for every club in our Kiwanis Divisions to become a sponsor club and for every Kiwanian in these clubs to become a Friend of the Family House. Every Kiwanian should be a friend of the Kiwanis Family House!

“I look forward to the year 2014 with anticipation of an even more successful year than 2013 has been”.

**Del Avants (Board Member):**

“For me it was getting a new container and putting in new cabinets in our Family House. Also I became a board member and joined the Kiwanis Family House Kiwanis Club of Sacramento.

“For 2014, I hope to bring in more money for our house.”

**Emily Chirk (Board Member):**

“One of our greatest accomplishments of 2013 was our first ever ‘Evening with the Stars of the Kiwanis Family House’ chaired by **Rita Beall**.

“This was the first time that we had been able to thank our many supporters on such a grand scale and show everyone the various moving parts that keeps our House standing. Many thanks go out to all those that attended and to Rita and her committee for putting together such a wonderful and successful event.

“My goal for our house in this new year is to streamline our volunteer services. While this effect will be more evident on the administrative side, I hope that it will have a trickle-down effect that will soon make signing up to help at our house a simpler and more efficient experience for our supporters.”

**Matthew Wehner (Board Member and Treasurer):**

“For 2014 I would like to see the Kiwanis Family House operate at a financial surplus while continuing to provide excellent service to our guests.”

**Rita Beall (Board Member and Secretary):**

“In 2013, we thoughtfully created an Operations Manager position which is responsible for daily House operations, management of staff and volunteers, and on keeping the House in top condition for the comfort and safety of our guests.

“By doing this, our Executive Director is able to focus on activities which increase our exposure within Kiwanis as well as in the larger community, attracting and applying for potential grant and funding opportunities to sustain the House and its operations.

“Increasing our visibility and viability is key to our success in 2014. It is important to continue to seek new opportunities for funding and support from entities and individuals outside the Kiwanis organization, while maintaining close ties with our sponsoring Kiwanis clubs, volunteers, and donors.

“With our new management structure in place, we are now poised to do this more effectively than we have in the past 29 years. I look forward to celebrating all that we have achieved with our many Kiwanis supporters and friends at our 30th year celebration this summer!”

**Bernie Bowes (Board Member):**

“Without a doubt, one of the high points for 2013 was ‘Evening with the Stars of the Kiwanis Family House’ at Shriners Hospital.

“For 2014 I look for a super turn out of Kiwanians and friends at the Kiwanis Night at River Cats on Saturday, April 26th, 2014, and I am hopeful of raising lots of money for the Kiwanis Family House.

**Karen Borman (Board Member):**

“The most successful thing in 2013 was our continuing move towards a professionally run Kiwanis Family House. My goal for this year is to work with **Charlie Bussey, Dan Germain, and Emily Chirk** to make the volunteer system work for everyone.”

**Dan Saulisberry (Board Member):**

“As I have sat on the board over this past year, I continue to be impressed by the members' and KFH staff's dedication to task and ability to work together to achieve a common goal. It is truly inspiring.

“I look forward to the challenges the new year will bring, but have no doubt we will rise to meet them together.”

**Rick Dwyer (Board Member):**

“One of 2013 greatest achievements was appointing House Director **Dan Germain** to Executive Director.

“He has expanded our focus to reaching out to other clubs within our District and nationally. This appointment has also allowed Dan to focus more effort into targeted grant writing efforts and expanding the ‘Friends of the Family House’ program. Also, his efforts in initiating our membership in the Sacramento Chamber of Commerce has significantly enhanced our community outreach to the general public.

“Also, hiring **Charles Bussey**, as our new Operations Manager has allowed us to focus more direct attention in managing staff and House maintenance. Both of these gentlemen have excelled in their positions this year.

“In addition, our Board Secretary and Fundraising Chair, **Rita Beall**, with the great efforts of her committee, have excelled magnificently in their fundraising efforts throughout this year, resulting in the best financial condition in the history of our Kiwanis Family House.

“I hope the 2014 year is further magnified in these collective efforts.”

**Gary Christensen (Past Board President):**

“The most important change made at the Kiwanis Family House in 2013 was the management reorganization, which converted the one person House Director position to a two person Executive Director and Operations Manager positions. This change has helped the Family House to serve even more guest families then ever.

“Fund raising will be a primary focus in 2014 to insure that the on-

(Continued on page 7)
(Continued from page 1)

bring a silent auction gift and a raffle prize to their DCMs and Donna, Rita or I will pick them up.

Mauda Butte again cooked a terrific Thanksgiving dinner for our Family House guests but had to have board member Emily Chirk help her with the Christmas meal, as Mauda recently fell at the Moose Lodge and fractured her arm. Get well quick, Mauda!

Thanks also to Board members Del Avants and Matthew Wehner for their help in securing our two new storage units. Del can also help deliver Red & White Ball Tickets to those of you in the wine country.

Here are two other reminders for your calendar:
- The March in March Walk-a-thon at our Family House will take place March 22nd at our Kiwanis Family House, and
- The Kiwanis Night at the River Cats will take place April 26th. This year the Carmichael Kiwanis Band is planning to play at the barbecue before the game. The River Cats are one of our great partners and their generous donations help fund our Sponsor a Family Program. The visiting team is the new AAA team, El Paso, Chihuahuas. It promises to be a cat and dog battle.

As you can see the New Year is going to be exciting at KFH and because of all of your hard work and dedication, we will serve another 1800+ families in 2014. Thank you!

Till next time, Yours in Kiwanis Service,

Bill

William Hooper, President
bhoopklg56@comcast.net

Following the advice of one of our country’s founding fathers (Benjamin Franklin) two board members turned the words into action and reality.

Del Avants, provided new cabinets. Then he enhanced the storage space in existing closets by providing shelves and hanging storage area. He also obtained a container.

Matthew Wehner, obtained a Matson container.

Janus as in January
(continued)

(Continued from page 6)

going operational needs can be met.”

Dan Germain (Executive Director): "Most impact for 2013 -Two things come to mind:

(1) Without our outstanding front desk and housekeeping employees, who work so hard everyday to keep the Family House in a state of readiness, we would not be able to provide the stellar service that we do. So my first congratulations for a successful 2013 go to Bonnie, Terri, Jodi, Mariaelena, Arlene, Evonne, Julia, Bianca, Beca, Lorraine, Alex, and Nathan.

(2) Our creation of an operations manager position to oversee day-to-day workings of the house. This has allowed me to commit significant time to our new fund development and marketing plan. We are now ambitious in our pursuit of grants and continue to explore new ways to increase our profile inside and outside of Kiwanis.

"2014 goals:
(1) Reach the fundraising target which the Board of Directors has challenged me to meet in 2014.
(2) Roll out new and creative messages using conventional and social media methods of marketing."

Charlie Bussey (Operations Manager): "While I haven't been here the entire year, I believe the most successful thing I accomplished this year was getting our room sponsoring clubs involved in a systematic, organized deep cleaning and room refurbishment.

"For 2014, I am looking forward to finishing both a master maintenance list/calendar and volunteer database so that our volunteers can be effectively organized and utilized in the ongoing upkeep of our facility."

Heraclitus was an ancient Greek philosopher who lived about 100 years before Plato. He held "Nothing is permanent except change. The only constant is change". There will be changes for 2014, some foreseen and some not.

Our success is not based on the obstacles that lie before us, but how we overcome them.
For out of town guests: Board Member, Bernie Bowes, has arranged special Kiwanis pricing at the Red Lion Inn, 10710 White Rock Road, Rancho Cordova, CA 95670 (916) 631-7500
Ways to support our Kiwanis Family House...

If you have an old car, boat, or Recreational Vehicle (R/V) you can transform it into cash for our Kiwanis Family House.

Our KFH has partnered with Car Program Inc. to provide an easy-to-use tax deductible process to donate your car, boat, or R/V. You are able to donate your vehicle, running or not, and it does not have to be registered.

Go to: http://www.donateacar.com/affiliate-Kiwanis-Family-House.php

Questions: Call Executive Director Dan Germain at (916) 736-0116 or Car Program Inc. (800) 240-0160. This agency can accept donations from most of our 50 states to benefit our KFH!

Become a friend!

Want to feel good about yourself? Then become a Friend of our Kiwanis Family House. It takes an annual donation of $100 (or more). Monthly payment options are available. Information about memberships and ways to pay is available at our website: www.kiwanisfamilyhouse.org

Want to feel better about yourself? Consider giving your friends and relatives the “gift” of becoming a Friend of our Kiwanis Family House.

You will receive a either a bronze, silver, gold, or platinum-colored pin to wear proudly to correspond with your level of giving.

These donations are vital to our ability to keep our commitment to be there for families in crisis, regardless of their ability to pay.

Recycling makes cents!

Donate ink cartridges, LASER cartridges, toner cartridges etc. to our Family House. We even have a container for used plastic bags to be recycled.

It helps the environment, lessens the impact on land fills, and makes cents.

If you work for a company, ask it if it will cooperate in giving you the items to take and donate.

Our KFH gets money when we turn them in for recycling. Recycling money is “green” and spends the same way with a lessening on the budget.

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DONATE A CAR
(800) 240-0160

Kiwanis Family House, visit us!

If you are in the neighborhood and want to stop by for a visit, please do. If you want to arrange a special tour in advance, call us at (916) 736-0116.

Hold a club meeting here!

Get your SHARES Card (on page2) so we get our “share”.

Gifts of Appreciated Securities

If you have marketable securities that have grown substantially in value, the tax laws make it possible for you to make an important gift at a remarkably low after-tax cost.

A gift of appreciated securities generally qualifies you for an income tax charitable deduction equal to the value of the gifted securities, and it may also avoid the long-term capital gain tax on your unrealized capital gain.

You can deduct up to 30% of your adjusted gross income in the year of your gift. Any amount given in excess of 30% can be carried over and deducted for up to five subsequent years.

Usually a sale of appreciated securities results in a tax on your full gain – in other words, you keep only part of the profit. But if you donate those same appreciated securities to our Kiwanis Family House, there is no tax on your gain, even though your “profit” is counted as part of your charitable deduction.

Check with your Tax Advisor or IRS.

www.kiwanisfamilyhouse.org
Using telemedicine to unite primary care-providers at rural health clinics with specialists at UC Davis can help stem the rising tide of childhood obesity in remote and isolated California communities.

Children in small communities are at an increased risk of obesity because they often lack access to healthy foods and a wide range of activities.

"Obesity prevention and management can be particularly challenging in rural areas," said Ulfat Shaikh, lead researcher, pediatrician and director of Healthcare Quality at the UC Davis School of Medicine. "Families don’t have as much access to walking paths, play facilities and places to buy healthy food. There may be only one grocery in town."

To make matters worse, primary care physicians have their own access issues, lacking the peer support that often can lead to better care. Shaikh notes that earlier studies found that access to continuing medical education and peer support were a high priority for doctors in rural communities.

To provide these and other resources, Shaikh and her collaborators created HEALTH-COP, a virtual learning and quality improvement network that reached out to seven clinics throughout rural California.

HEALTH-COP — Healthy Eating Active Living TeleHealth Community Of Practice Clinics were located in a variety of settings and served diverse patient populations. Through video conferencing and other methods, rural clinicians learned how to better assess patients’ weight; provide counseling on nutrition and physical activity; reorganize clinics to provide better care; screen for risk factors; and implement strategies to effectively discuss body weight.

“Sometimes families broach the issue, but other times they are in denial,” said Shaikh. “We provided instruction on motivational interviewing to help change lifestyle behavior. Teams were taught to assess where the family is and help them with their decision making.”

The combination of clinical materials, education and peer support had a major impact on care. Over the course of the study, the mean score increased from 3.5 to 4.6 on a zero-to-five scale.

Next the researchers examined family perceptions. The team surveyed parents within a few of the children’s visits. The survey asked whether they had been counseled on a number of issues related to diet, screen time and physical activity. The results showed clinicians increased the number of topics they covered. In particular, they expanded their counseling on television, sugary drinks, family meals and eating fruits and vegetables.

The clinics were given lists of community resources. In addition, the network provided access to the latest care guidelines from the American Academy of Pediatrics and other resources.

Perhaps the most useful innovation was the connectivity between clinics. Peer support amongst rural clinicians allowed them to share experiences and knowledge, customize materials, such as parent education handouts, and find creative ways to improve access for their patients.

“As an urban pediatrician, if I can’t figure out a problem, all I have to do is find a colleague in the building and get their impressions,” Shaikh said. “By setting up this network, we made it easier for rural clinicians to do the same. Regardless of where they were in California, they all face similar problems. Now they can share solutions.”

UC Davis Children’s Hospital is the Sacramento region’s only nationally ranked, comprehensive hospital for children, serving infants, children, adolescents and young adults with primary, subspecialty and critical care.

It includes the Central Valley’s only pediatric emergency department and Level I pediatric trauma center, which offers the highest level of care for critically ill children.

For more information: www.ucdmc.ucdavis.edu/children/
Dear Kiwanis House,

I truly and deeply appreciate you being here for me in my time of need.

You given a comfortable home away from home, a place where I can stay and reflect, rest and be near my daughter during her stay in the neonatal intensive care unit.

I appreciate all that Kiwanis House does for people in times of need.

You saw that this was a need for thousands of people and met it.

Thank-you. I pray that God richly blesses you with prosperity and good luck.

"Thank you may God be with all of you always."

"I would like to thank (names of staff members) for all the kindness and compassion they showed me and my family during this time of stress while my (family member) had open heart surgery.

"This has been a lot of relief to have a place well away from home to come to, a sanctuary to relax and regroup during this painful trial.

"Thanks be to God for the Kiwanis a special group of people that open their hearts and home."

"To Everyone at Kiwanis House,

Hi. I just want to say thank you and to let you know how much I appreciate all your help and hospitality.

"You have not idea how much it meant to me. My vision isn't the best right now so please excuse my poor writing.

"Only the warmest ‘Thank you’ will do for people as nice and as special as you!

"Thank you all"

Thank you for the room and all the support that went with it.

“Everyone was extremely nice to me. Without you I would have been sleeping in the car while my son was in the hospital. In the future I will support the Kiwanis in any way that I can!”

“This was a great place to stay. It gave us a place to get away from the stress we were experiencing with the sudden sickness of my daughter.

“Everyone at UC Davis made us feel at home during these trying times.

“Thanks for Everything”

Become a KFH Team Member!

- We need more volunteers.
- Training is provided.
- Like to work by yourself? We have such chores.
- Like to take some fellow club members along, we can handle that.
- If you are a Sponsor Club consider having your members adopt one day each month and cover all of the shifts.
- Adopt an odd day to work, such as the 5th Saturday or weekday.
- Work for a shift or two each month.
- Flexible hours.
- You can "work the desk and telephones" to free up the staff to do other chores.
- You can do "handyman chores" if that is what you would like to do.
- If you have a green thumb, there are projects to assist.
- "Hands-on" community service hours.
- Wonderful atmosphere.
- Volunteer your time.

Contact Operations Manager Charlie Bussey at: (916) 736-0116.
Quick Facts about House Talk

1. **House Talk** is a monthly newsletter published by the Kiwanis Family House, Inc.

2. The editor is solely responsible for the content of **House Talk**.

3. Deadline 5:00 pm on the second Thursday of the month.

4. Items are solicited. Items submitted will not be returned unless noted by the sender.

5. Errors in the **House Talk** are to be brought to the attention of the editor. Egregious errors will be corrected in a future edition.

6. Responses to the articles and authors unless indicated otherwise can be sent to the editor for forwarding.

7. Editor is **John W. Seigal**.

8. Email address is: jwseigal@sbcglobal.net

9. US Postal Service address is: P.O. Box 1131 Sloughhouse, CA 95683-1131

**With The Eliminate Project, Kiwanis International and UNICEF have joined forces to eliminate maternal and neonatal tetanus.** This deadly disease steals the lives of nearly 60,000 innocent babies and a significant number of women each year. The effects of the disease are excruciating — tiny newborns suffer repeated, painful convulsions and extreme sensitivity to light and touch.

To eliminate MNT from the Earth, more than 100 million mothers and their future babies must be immunized. This requires vaccines, syringes, safe storage, transportation, thousands of skilled staff and more. It will take US$110 million — and the dedicated work of UNICEF and every member of the Kiwanis family.