

BUILDING Joshua's House

Sacramento is coming together to care for those experiencing homelessness at the end of life

INSIDE:

Who is
Joshua?

First look
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can help!



To Die With DIGNITY

Jamie's story shows the need for compassionate end-of-life care for individuals experiencing homelessness

BY RODNEY OROSCO

Jamie Murphy gets up, grabs what he calls his “baby book” and begins showing off pictures: There is his dad. There he is smiling in his elementary school picture. “And this is me and my little brother,” he shows off a pair of tow-headed boys smiling next to each other. Jamie is the tall one holding a puppy.

Jamie is sitting on his bed, behind him is a bright yellow “happy face” pillow, next to that is a bag of about a dozen prescription pill bottles. As he talks, he coughs and his body trembles from the pancreatic cancer. He raises a bone-thin arm to cover his mouth.

“Here, this is something,” he pulls a piece of paper out of his book. It is from the Sierra Hematology Oncology Medical Center. It reads: “His disease is terminal. He has a life expectancy of 12 months or less.”

When Jamie received this diagnosis in November 2017, he was one missed motel payment away from being on the street. The 46-year-old considers himself lucky — he is not going to die there.

That's because of Joshua's House, which will soon offer hospice services to individuals experiencing homelessness. Although Joshua's House is not yet open, founder Marlene von Friederichs-Fitzwater and board members Julie Interrante and Stephen Watters heard about Jamie's story and paid for his motel room, groceries and Lyft rides until the City was able to place him in a clean, air-conditioned RV.

“Here, I have someplace to lay my head,” he sweeps his eyes around his RV-home. “We can't have people lying on the streets dying — man, that is horrible.”

“We can't have people lying on the streets dying. Man, that is horrible.”

JAMIE MURPHY
Terminally-ill man dying with dignity

It is estimated that, on average, one homeless individual dies on Sacramento streets every week. Many have a terminal illness or chronic health conditions. They cycle in and out of local emergency rooms to get treatment, only to be discharged back into the streets, where harsh living conditions exacerbate their illnesses.

Interrante has come to check in on Jamie, as she does every week. She expresses Jamie's situation this way: “We think of dying as a tragedy. We are all going to die.” She places her hand on Jamie's shoulder, “Homelessness is the tragedy.”

While Interrante decries the moral failing of a society that allows people to die curled up on the sidewalk, she is quick to point out that Sacramento is going to help change that with Joshua's House.

As well as serving on the board, Interrante has signed on to be director of holistic care at Joshua's House, which is set to open in 2019.

“At Joshua's House, people will be seen and cared for,” she says. “It is about completing a life.”

They will be remembered through the art they create, the hugs they share with caregivers and each other, and by the life stories they tell — all things they don't get when they are the invisible homeless, Interrante says. “Being remembered matters. It is about giving the homeless dignity,” she says.

Jamie grabs the extra-icy, caramel frappuccino Interrante brought him, takes a sip through trembling lips and says: “You guys saved my life.”

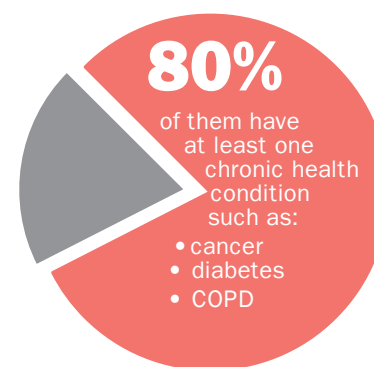


Jamie Murphy looks over his “baby book” of photos and mementos from his life with Julie Interrante, a board member with Joshua's House. Jamie, 46, is dying of pancreatic cancer in an RV paid for by City of Sacramento vouchers. PHOTO BY ANNE STOKES

HOMELESS DEATHS IN SACRAMENTO

More than 3,600

people are experiencing homelessness in Sacramento



Harsh conditions

on the street can worsen these conditions, leading these individuals to seek care in the ER, only to be returned to the streets.

On average,

1 homeless individual dies each week in Sacramento

A House OF HOPE

The story of Joshua's House

BY RODNEY OROSCO

It is a project of hope created from the reality of despair. Marlene von Friederichs-Fitzwater was determined to turn the tragedy of her grandson who died on the streets into a catalyst for positive change.

"Joshua was a compassionate, bright young man who thought it was wrong for people to die alone on the streets from a [terminal illness]," said von Friederichs-Fitzwater, the former director of the UC Davis Comprehensive Cancer Center Outreach Research and Education Program. "He wasn't able to accomplish his dream, so I am doing it now in his honor."

In 2015, she spearheaded the effort to create a place for the terminally-ill homeless to die. She named it Joshua's House.

Joshua's House will be located in downtown Sacramento near Loaves & Fishes. The 11,000-square-foot building will have room for 20 terminally ill patients. In order to stay at Joshua's House, patients will need to be referred from an area hospital.

To make the house a reality, von Friederichs-Fitzwater approached the project like any good researcher — she gathered data. "I interviewed more than a hundred homeless men and women about their health issues and major concerns,"

Design rendering for the lobby of Joshua's House.
COURTESY



Joshua, the namesake of Joshua's House



"[Joshua] wasn't able to accomplish his dream, so I am doing it now in his honor."

MARLENE VON FRIEDERICHS-FITZWATER
Founder, Joshua's House

she explained. "I learned their biggest fear was dying alone on the street."

The next part of the project was getting buy-in from area hospitals and the City of Sacramento. She met with dozens of business leaders and elected officials. Joshua's House secured agreements from the area's major hospitals, UC Davis, Sutter, Kaiser and Mercy/Dignity. Their hospice programs will provide hospice care for the patients they discharge to Joshua's House.

Von Friederichs-Fitzwater's next mission is to turn the empty warehouse into a welcoming and warm place for people to die with dignity. Construction costs, furnishings, staffing — these are the last things needed before von Friederichs-Fitzwater can turn her personal tragedy into very real hope for those most in need.

Set to open in 2019, Joshua's House will be the first hospice house for the homeless on the West Coast and only the seventh in the U.S. Many other cities have reached out to von Friederichs-Fitzwater for guidance in starting their own hospice program for homeless.

The ripple effects of Joshua's life will one day soon be felt by those who receive care at Joshua's House.

"I feel Joshua with me every day," von Friederichs-Fitzwater says. "He wanted me to do something for those experiencing homelessness ... I believe he is helping me open some doors."

THE CREATION OF JOSHUA'S HOUSE: A TIMELINE

1989
Health Communication Research Institute, Inc (HCRI) is created by Marlene von Friederichs-Fitzwater to strengthen patient-centered care.

2012
Sacramento County report recommends several ways to address mortality among the city's homeless population.

2015
Inspired by the death of her grandson, von Friederichs-Fitzwater selects a County recommendation: "To create a hospice for the homeless that would provide a safe, secure, comforting environment for those who are dying."

2016
Flex Architecture develops architectural plans and 3D color renderings for Joshua's House.

2017
Capital campaign is launched to raise funds

April 2018
Sacramento City Planning Commission unanimously approves the Conditional Use Permit

Sept. 2018
Construction begins (planned)



2019
Joshua's House Opens (planned)

Home by DESIGN

Architects build dignity into the plans for Joshua's House

BY RODNEY OROSCO

Turning a Sacramento warehouse into a home for the terminally-ill homeless was not an easy job. For Flex Architecture, it was a “one-of-a-kind challenge,” says Bill Reid, a Flex architect.

The architects designed the space based on the specific requests of individuals experiencing homelessness, which were collected from five focus groups conducted in 2016. The challenge was trying to make the windowless, 11,000-square-foot space a home and not an institution, he says.

To meet that challenge the architects at Flex made the inside more outside.

“Our goal will be to make the space a beautiful and peaceful place for the residents,” said Flex architect Mike Monson.

An interior garden area, complete with real trees and plants, will be the view from each room. The natural height of the exposed-beam ceilings will be used to give the house a wide-open feel. Add to that the use of natural light, and the architects will have created a place of peace.

“We are thrilled to be part of Joshua's House,” Monson said. “It is so great to give those experiencing homelessness someplace to go.”



This artistic rendering of the interior courtyard at Joshua's House shows how skylights and gardens will bring the outdoors in.

COURTESY

5 WAYS JOSHUA'S HOUSE WAS DESIGNED WITH GUESTS IN MIND

1. Quality materials

Materials and furnishings were chosen so guests will not be reminded that they are poor.

2. Evoke the outdoors

Skylights and indoor gardens were chosen to connect guests to the outdoors, a familiar environment for those experiencing homelessness.

3. Home-like environment

Exposed-beam ceilings and general layout will resemble a hotel more than an institution, reflecting a desire to live their final days in a home-like environment.

4. Calming surroundings

An interior courtyard with greenery, the trickle of a water feature and other sensory elements will offer calm to people at the end of their lives.

5. Plentiful space

Guests will enjoy wide hallways and spacious rooms, not just for medical equipment but for whatever other needs arise.



From left, Rachel H. Feldman, Marlene von Friederichs-Fitzwater, Misara S. Bambang, Matthew Eduardo Vega, Debbie Ward. Rachel, Misara and Matt, UCD School of Nursing master's students, were assigned to Joshua's House for 2017-2018 to help create policies and procedures. *COURTESY PHOTO*

A Learning Opportunity

Nursing students from two schools are learning how to serve the underserved

BY ANNE STOKES

Even as a senior nursing student at Chamberlain University, Priscilla Catingub admits she was naive to the disparity between end-of-life care for people with homes and those without.

"One of the hospice teams shared that there was an individual they were caring for who they would visit on the side of the river," she says. "It blew my mind that this happened."

Joshua's House is giving nursing students like Catingub an opportunity to explore public health issues in a real-world setting. That's why two local colleges have already begun assigning students to work with Joshua's House.

Angela Strawn, President, Chamberlain University College of Nursing Sacramento campus, says the affiliation agreement between the school and Joshua's House will be a win-win situation for both.

"[Students will] understand what it is to provide a service in the community — Who do you serve? Where do your funds come from? How do you collaborate with different entities?" she says. "We want them to have an exposure to what public health really is in a broader perspective as well as the direct, hands-on care aspect for somebody who is in a terminally ill situation."

Debbie Ward, health sciences clinical professor and interim dean of the Betty Irene Moore School of Nursing at UC Davis, also hopes her students will gain a better understanding of the complexity of such issues and learn how to partner with community agencies to best serve their patients.

"The goal for the students ... is to learn to come into true partnership with community agencies," says Ward. "It's not big-hearted nurses, as important

as that is. It's deeply intelligent nurses using their intellectual skills to further this wonderful project."

Rachel Feldman, UC Davis graduate student and emergency room nurse, has seen firsthand how many individuals experiencing homelessness rely on emergency rooms for health care. Even then, she says

estimating the scope of need that Joshua's House is facing is difficult.

"Discharging people onto the street is hard. It's hard to say, 'There's nothing more that we can do to help you,'" she says. "To be able to have this organization that's attempting to meet someone's basic needs and provide them with dignity at the end of their life, what better goal is there?"

"The goal for the students ... is to learn to come into true partnership with community agencies."

DEBBIE WARD
Health sciences clinical professor and interim dean of the Betty Irene Moore School of Nursing at UC Davis

'WHY WE SUPPORT JOSHUA'S HOUSE'

"Dignity Health believes in providing compassionate care from beginning to end of life. Joshua's House aligns with our mission to serve the most vulnerable and ensure those who are terminally ill have a place of comfort to die with dignity and peace. Dignity Health is committed to partnering with Joshua's House and we are extremely grateful for Marlene's vision to develop such a critical service in our region."

ASHLEY BRAND

Director of community health and outreach, Dignity Health Greater Sacramento Service Area



"Those experiencing homelessness often have a range of complications, and end-of-life issues shouldn't have to be one of them. We are so proud of our commitment to ending homelessness and the unique collaborations designed to help improve lives and quality of life. This collaborative approach now includes Joshua's House and we are thrilled to be a part of this from the beginning."

HOLLY HARPER

Director of external affairs, Sutter Health Valley Area



"We are fortunate to be part of a caring community that produces innovative solutions to some of the greatest challenges, including hospice care for homeless individuals. Kaiser Permanente is pleased to support Joshua's House because we believe in improving the health of the entire community. With the new Joshua's House, terminally ill homeless men and women will be provided with a safe and comfortable environment, regardless of their insurance status or ability to pay."

SANDY SHARON

Area manager and senior vice president, Kaiser Permanente, Sacramento



"At UC Davis Health, we're proud of our service to the patients in our community who are most in need, providing the best available medicine for any patient who comes through our doors. We're also proud to partner with the other health systems in our region to make sure, having received the best possible care from any hospital, terminally ill homeless patients will have somewhere to go. Joshua's House fills a critical need in our community."

ANN MADDEN RICE
CEO, UC Davis Medical Center



'Why We Partner with JOSHUA'S HOUSE'



Goodwill is helping Joshua's House build a secure foundation for the future

BY ANNE STOKES

Since the 1930s, Goodwill has turned donations into opportunities for people throughout the Sacramento area. In that time, it's learned a lot about how to run a successful nonprofit. Today, it's teaming up with Joshua's House to ensure the new organization is laying out a strong — and financially sustainable — foundation for its future.

"Goodwill's mission is to utilize Goodwill resources to help people with disadvantages achieve self-sufficiency," says Rachel Wickland, Vice President of Mission Services at Goodwill. "I really think that what Joshua's House does is truly help people become self-sufficient in end-of-life in a compassionate way."

To avoid many of the typical pitfalls and operational mistakes that so many good-intentioned nonprofits can make, Goodwill is sharing its knowledge and success with Joshua's House, including tried-and-true organizational platforms, workforce development programs, collaborations with other local nonprofits and renewable funding streams, such as grants.

"Often what happens with small nonprofits when they start, they've got a great capital campaign ... but once that funding is spent on those capital investments, operating costs need to be addressed," Wickland says. "We're really helping Joshua's House by leveraging all that experience — the tools and

resources that we've developed to be able to help them launch seamlessly ... [and] eliminating the need for trial and error."

Wickland says that one of the deciding factors that convinced Goodwill to partner with Joshua's House was the fact that no other organization in Sacramento was tackling this pressing and complicated issue.

"People die on the streets every single day and we're not addressing it as a community," she says.

"[Joshua's House] has stepped up to address a community need that has gone totally unanswered."

But Joshua's House needs support to provide Sacramento's homeless residents with compassionate end-of-life care. While volunteer work and in-kind donations are valuable contributions, ultimately, Joshua's House needs funding to ensure it can meet the medical, spiritual and emotional needs of

its patients.

"To the businesses that are donating to Joshua's House, and to the businesses who are getting involved and raising funds and being partners: Congratulations for being courageous. Congratulations for being a force for good in this community," Wickland says. "[These organizations] are absolutely taking social responsibility to a personal and new level, which is what we need in this community, so I thank them."

"To the businesses who are getting involved and raising funds and being partners ... Congratulations for being a force for good in this community."

RACHEL WICKLAND
Vice president of Mission Services, Goodwill

Rachel Wickland, vice president of Goodwill's Mission Services, is working with Joshua's House to create a solid operational foundation to ensure the new nonprofit's long-term success.
PHOTO BY ANNE STOKES



HOW YOU CAN HELP JOSHUA'S HOUSE

Funding still needed to start construction

Construction costs (not donated):	\$1,000,000
Permit fees:	\$400,000
Furnishing and equipment costs:	\$500,000

TOTAL: \$1.9 million

Sponsorship Opportunities

Your organization can sponsor and name an area of Joshua's House, including:

- Library
- Dining room
- Kitchen
- Reception room
- Multi-purpose room
- Individual rooms

For information on how to sponsor a room, call 916-502-0946.



Coming Together to Make a DIFFERENCE

Rotary Clubs combine their efforts to furnish Joshua's House

BY ANNE STOKES

"Service above self." That's the Rotary Club's motto. Its mission, as an international organization, is to provide humanitarian services and build goodwill and peace around the world through health care, education and the alleviation of poverty.

In Sacramento, Joshua's House's aligns with that mission through its own effort to provide compassionate end-of-life care to those experiencing homelessness.

"We raise money to support worthy causes and programs that are making a difference in our Sacramento community," says Diane Woodruff, president of the Rotary Club of Sacramento. "I thought Joshua's House would be the perfect opportunity for our club to do something meaningful."

Like so many Sacramento residents, Woodruff says she's watched the homeless population in Sacramento grow over the past several years. One to three people die each week on Sacramento streets, many due to advanced chronic conditions such as cancer, heart disease and AIDS. The average life expectancy of someone experiencing homelessness is estimated between 42 and 52 years — for the general population, it's 78.

As a Rotarian, she wanted to do something that would make a positive difference. When she connected with fellow Rotary member and Joshua's House founder Marlene von Friederichs-Fitzwater, Woodruff was impressed by her

commitment to Joshua's House as well as the immense amount of work and research she had already invested in its creation.

"I said to Marlene, 'How can Rotary help?'" Woodruff recalls. "We decided we wanted to help furnish those rooms. Each of the rooms will have a hospital bed, a dresser of drawers for the person's belongings and a very comfortable chair to sit in."

In April 2018, Woodruff helped Friederichs-Fitzwater apply for a \$10,000 Rotary grant to pay for furnishings. In addition, three additional local Rotary clubs responded with a willingness to contribute — the Rotary Club of Midtown-Sacramento, the Rotary Club of Elk Grove and the Rotary Club of Historic Folsom.

With leadership from Marlene and support from Rotary Clubs and other service organizations, Woodruff knows Joshua's House will have a huge impact on our community.

"We do not want to see our homeless people dying on the streets of Sacramento," Woodruff says. "When you have a community problem like this, it takes everybody to come together to make a difference. That's what Rotary is all about, making a difference, and that's what we want to do."



Diane Woodruff, president of the Rotary Club of Sacramento, center, supports Joshua's House's mission with a Rotary-funded grant to furnish the hospice facility. Several other Rotarians have lent support, including, from left, Margo Fowkes, Rotary Club of Sacramento, Gerald Felice, president of the Rotary Club of Midtown Sacramento, and Gregory VanAcker and Eleanor Kuechler-VanAcker of Rotary Club of Midtown Sacramento.

PHOTO BY ANNE STOKES

"When you have a community problem like this, it takes everybody to come together to make a difference."

DIANE WOODRUFF
President of the Rotary Club of Sacramento

Help Make Joshua's House a Reality



Large and small donations to the capital campaign will pay for construction and furnishings.



Your business or service organization can sponsor Joshua's House, with naming opportunities available.



Go to thehcrci.org/our-programs/capital-campaign to donate today.

"Joshua's House has moved from an idea to reality with the purchase of the property at 1501 North C Street and we all now need to step up to help with the costs of construction, equipment and furnishings! This will be the first such facility on the West Coast!"

JEFF HARRIS
City Council Member, District 3

"The City of Sacramento is proud to support the incredible efforts of Joshua's House to provide dignified, compassionate and essential end-of-life care to people experiencing homelessness."

DARRELL STEINBERG
Mayor of Sacramento

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