

Cultivating Peace of Mind: The Linden Houses



Humility. Personal responsibility. Family. Faith. Duty to God and country. Thrift. The value of a job. Modesty. The value of a dollar. Our parents and grandparents taught us lessons that developed from hardship and war. Now, these seniors who have worked hard all of their lives, need a safe, caring, affordable place to call home.

Each of the four Linden Houses apartment buildings offers subsidized one-bedroom apartments for individuals who qualify under the Department of Housing and Urban Development (HUD) guidelines. Linden Houses in Indiana offer 50 apartments per building, and The Linden House of Chicago provides 100 apartment units. The rental amount for a unit is determined by a resident's ability to pay. The annual income range for The Linden Houses residents' is \$4,000-\$32,000.

There is a growing need for safe, low-income housing. As baby boomers continue to age and as the safety net of Social Security becomes

less definite, the demand for affordable senior housing will increase.

Colette, a petite resident in her late 80s, came to America from Europe after WWII. When she arrived at Linden House, she was quiet, withdrawn, and scared. She had suffered financial abuse at the hands of a young relative with whom she was living. Two longtime friends helped her move and regain her independence in one of our communities. Now Colette walks the grounds every day, cheerfully greeting and encouraging other residents.

In each location, The Linden Houses social service coordinator supports residents as they navigate health care challenges.

Lucy, a former resident in Gary, Indiana, worked in an ammunition plant during the war. The noise, a hazard of her job, caused hearing problems. But, other medical priorities prevented her from seeking hearing assistance. Instead,

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she learned to read lips... very well, in fact. Lucy carried herself with pride and dignity, and none of her fellow residents knew about her hearing impairment. That was how she wanted it. Our caring team at The Linden House helped her communicate with medical providers and community services so that she could advocate for the best care possible, without missing a single word.

Each of The Linden Houses has its own personality, and the demographic make-up of residents reflects the diversity of its geographic community. Board members from each of The Linden Houses collaborate with residents and representatives from the Poor Handmaids of Jesus Christ to ensure that each building offers the services, amenities, and programming important to local residents. Residents interact with board members annually to share what they like about living at The Linden Houses and what can be done to improve resident experiences. This has proven to be a good way to keep the boards grounded and for the residents to share their ideas and suggestions.



Activities vary from month to month, and they can include:

- Health care screenings and blood pressure checks
- Outings to popular shopping centers, casinos, and restaurants
- Bingo, Bunco, and Dominoes games
- On-site prayer services
- Celebrations for birthdays and holidays
- Learning opportunities about nutrition, financial issues facing seniors, etc.
- Transportation to and from weekly faith services, doctors' appointments, and special events

“The values of the Poor Handmaids are what bind us together,” says Cindy Sater, manager of The Linden House of Mishawaka. “Our staff live the values of Dignity and Respect for all, and our residents experience safety and security. When community members realize that we are a ministry sponsored by the Poor Handmaids, they relax. There is a sense of trust.”

Located in Chicago, Illinois, and Gary, Hobart and Mishawaka, Indiana, The Linden Houses provide affordable residential apartments for seniors.

Designed to meet the physical, social, and psychological needs of the residents, Linden House creates a caring community as it promotes health, security, quality of life, and the opportunity for interaction and involvement of residents.

In every way I have shown you that by hard work of that sort we must help the weak, and keep in mind the words of the Lord Jesus who himself said, ‘It is more blessed to give than to receive.